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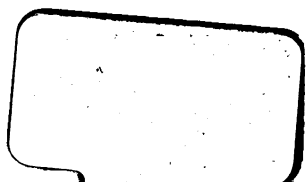
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FAMILY PRACTICE;
OR
SIMPLE DIRECTIONS
IN
HOMŒOPATHIC DOMESTIC MEDICINE.





FAMILY PRACTICE;

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Simple Directions

in

Homœopathic Domestic Medicine.

A COMPANION VOLUME TO
"THE PRINCIPAL USES OF THE SIXTEEN MOST
IMPORTANT HOMŒOPATHIC MEDICINES."

Compiled from the Standard Medical Works of
Jahr, Hull, Hempel, Bryant, Hale, &c.

NINTH THOUSAND,
REVISED AND ENLARGED



London :

E. GOULD & SON, 59, MOORGATE ST., E.C.
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Arranged according to the plan adopted in Physicians'
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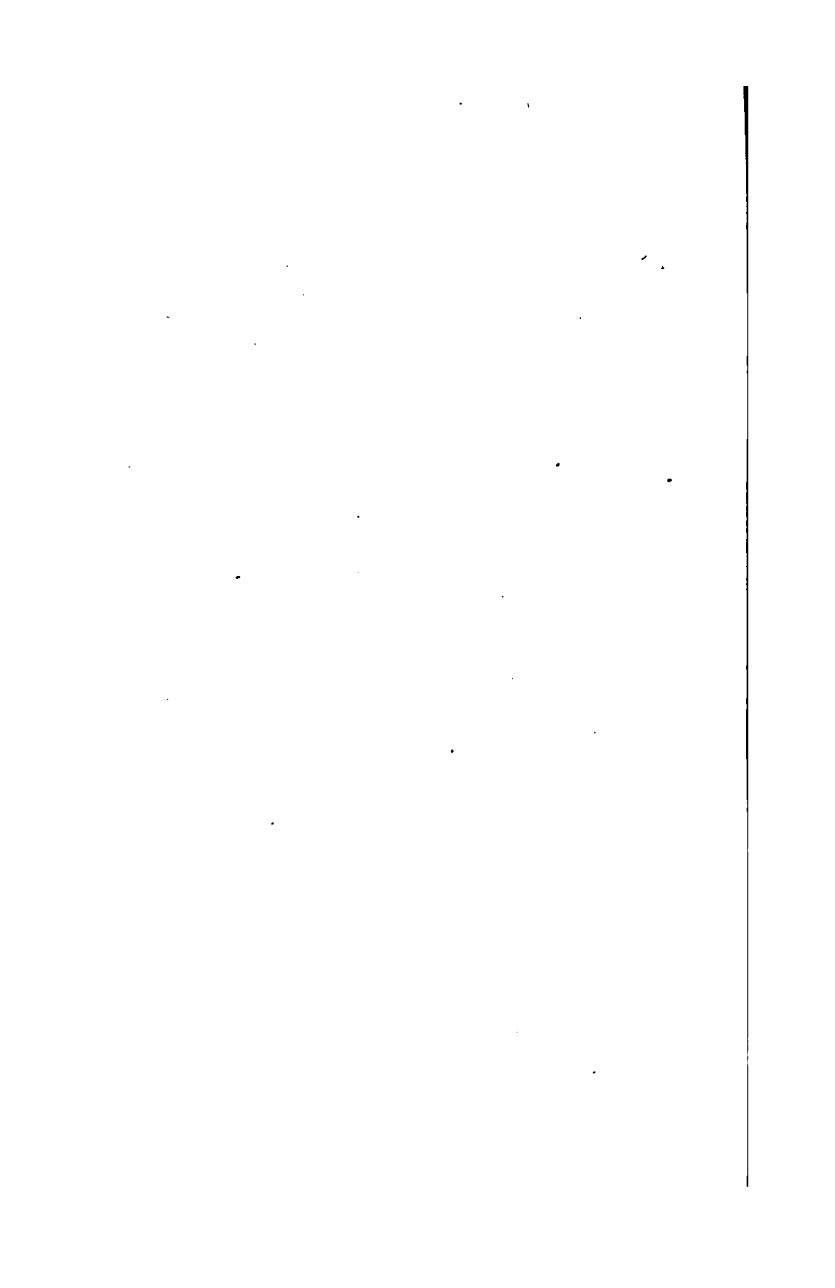
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INTRODUCTION.

THE DESIGN & ARRANGEMENT OF THIS MANUAL
TOGETHER WITH THE STRENGTH, FORM, AND
REPETITION OF THE DOSE.

THE present work is intended to be a companion volume to *The Principal Uses of the Sixteen most important Homœopathic Medicines*. Although differing in its arrangement, and more elementary in its character, it contains all that is essential for the treatment of simple ailments, arranged with a view to simplicity and usefulness. For more elaborate detail and for a *Materia Medica*, or list of symptoms for which each remedy is suitable, the reader is referred to the above named volume; the present work only professing to give the best treatment ordinarily pursued in Domestic Medicine, in a clear and concise manner, without any superfluous matter.

ITS ARRANGEMENT is strictly alphabetical. Each disease constitutes one paragraph, which is divided into Medicinal Treatment and Accessory Treatment. The former containing the most useful and important medicines, with the indications for their use, and their doses; and the latter the most suitable diet and hygienic treatment. Where it is necessary, a short

description of the disease is prefixed to its treatment in the paragraph.

THE STRENGTH of the medicines recommended as having been found most useful in practice is that indicated by the figures attached to their names in the "List of Medicines" given on the pages immediately following.

THE DOSE is given with each remedy throughout the work, and is usually two drops of the tincture for an adult and half that quantity for a child. Of those medicines which are given in the form of trituration or powder, the dose for an adult is two grains, and one grain for a child. As much as will lie on the end of a pen-knife, to the distance of three-quarters of an inch up the blade, or cover a threepenny piece, is a sufficiently accurate measurement for the two-grain dose.

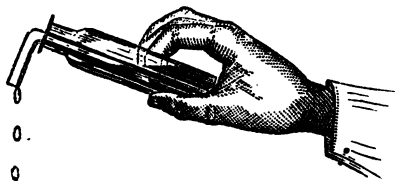
Should the globules or pilules be preferred, the dose may consist of four globules or two small pilules for each drop of the remedy recommended. The tinctures and triturations will in general be found the most active form of medicine.

The water in which the remedy is mixed or taken should be very pure—cold boiled being the best, and the spoon made use of should be of glass or porcelain ware. If glasses are required, they should be scrupulously clean, and kept for the purpose.

THE FREQUENCY OR NECESSARY REPETITION OF THE DOSE is given in each instance, but the

length of time to continue one medicine or to continue the treatment can only be determined by the person who administers the medicine. If, in an acute attack, no amendment is observable after three or four doses of the chosen remedy have been taken, another medicine should be substituted; and in all cases, as soon as the symptoms under which the patient is suffering begin to abate, the remedy may be given at longer intervals. The medicine should also be taken, if possible, upon an empty stomach. As a rule about twenty minutes to half-an-hour before, or an hour or two after food is the most suitable time.

DROPPING THE TINCTURES. The best plan for dropping is that by means of a drop conductor (a glass rod bent at a right angle, which can be obtained of any homœopathic chemist) introduced into the bottle as in the illustration below.



SUITABLE DIET is given under "Accessory Treatment," in most ailments: as a general rule, it is best to abstain from coffee, spices, and acids, whilst taking the medicines. See also under *Bad Effects of Surfeiting, or a Deranged and Disordered Stomach.*

LIST OF MEDICINES

Prescribed in this Book, with their English names, and the form in which they are administered. Those printed in thicker type are frequently used.

TINCTURES.

Name of Medicine.	English Name.
1 Acidum Phosphoricum 3×	<i>Phosphoric Acid.</i>
2 Aconitum Napellus 3×	<i>Monkshood.</i>
3 Apis Mellifica 3×	<i>Poison of the Bee.</i>
4 Arnica Montana 3×	<i>Leopard's-bane.</i>
5 *Arsenicum Album 3×	<i>Arsenic.</i>
6 Belladonna 3×	<i>Deadly Nightshade.</i>
7 Bryonia Alba 3×	<i>White Bryony.</i>
8 Chamomilla 3×	<i>Chamomile.</i>
9 China Officinalis 1×	<i>Peruvian Bark.</i>
10 Cimicifuga Racemosa 1×	<i>Black Cohosh.</i>
11 Cina 3×	<i>Worm Seed.</i>
12 Coccus Indicus 3×	<i>Indian Berries.</i>
13 Coffea Cruda 3×	<i>Raw Coffee.</i>
14 Colchicum Autumnale ϕ	<i>Meadow Saffron.</i>
15 Collinsonia Canadensis 1×	<i>Stone Root.</i>
16 Colocynthis 3×	<i>Bitter Apple.</i>
17 Drosera Rotundifolia 1×	<i>Sundew.</i>
18 Dulcamara 3×	<i>Woody Nightshade.</i>
19 Euphrasia Officinalis 3×	<i>Eyebright.</i>
20 Gelseminum Semper- virens ϕ	<i>Yellow Jessamine.</i>
21 Hamamelis Virginica 1×	<i>Witch Hazel.</i>
22 Hydrastis Canadensis 1×	<i>Golden Seal.</i>

* *Arsenicum Album* is recommended in the form of tincture on account of its solubility.

TINCTURES—continued.

23	<i>Ignatia Amara</i> 3×	<i>St. Ignatius' Bean.</i>
24	<i>Ipecacuanha</i> 1×	<i>Ipecacuanha.</i>
25	<i>Iris Versicolor</i> 1×	<i>Blue Flag.</i>
26	<i>Kali Iodidum</i> 1×	<i>Iodide of Potassium.</i>
27	<i>Lachesis</i> 6	<i>Poison of the Lance-headed Viper.</i>
28	<i>Mercurius Corrosivus</i> 3×	<i>Corrosive Sublimate.</i>
29	<i>Moschus</i> 3×	<i>Musk.</i>
30	<i>Nux Vomica</i> 3×	<i>Nux Vomica.</i>
31	<i>Opium</i> 3×	<i>White Poppy.</i>
32	<i>Petroleum</i> 3×	<i>Rock Oil.</i>
33	<i>Phosphorus</i> 3×	<i>Phosphorus.</i>
34	<i>Podophyllum Peltatum</i> φ	<i>Mandrake.</i>
35	<i>Pulsatilla</i> 3×	<i>Meadow Anemone.</i>
36	<i>Rheum Palmatum</i> 1×	<i>Rhubarb.</i>
37	<i>Rhus Toxicodendron</i> 3×	<i>Poison Oak.</i>
38	<i>Sabina</i> 3×	<i>Savin.</i>
39	<i>Sambucus Nigra</i> 3×	<i>Elder.</i>
40	<i>Secale Cornutum</i> 1×	<i>Ergot of Rye.</i>
41	<i>Spongia Tosta</i> 3×	<i>Burnt Sponge.</i>
42	<i>Staphysagria</i> 3×	<i>Stavesacre.</i>
43	<i>Stramonium</i> 3×	<i>Thorn-Apple.</i>
44	<i>Tabacum</i> 3×	<i>Tobacco.</i>
45	<i>Urtica Urens</i> φ	<i>Dwarf Nettle.</i>
46	<i>Veratrum Album</i> 3×	<i>White Hellebore.</i>
47	<i>Veratrum Viride</i> 1×	<i>American Hellebore.</i>
48	<i>Viola Tricolor</i> 3×	<i>Heartsease.</i>

TRITURATIONS. (Powders).

49	<i>Antimonium Tartaricum</i> 3	<i>Tartar Emetic.</i>
50	<i>Apomorphiæ Hydrochloras</i> 3	<i>Apomorphia Hydrochlorate.</i>

TRITURATIONS. (Powders)—*continued.*

51	Calcareo Carbonica 3	Carbonate of Lime.
52	Carbo Vegetabilis 3	Vegetable Charcoal.
53	Graphites 3	Pure Blacklead.
54	Hepar Sulphuris Calcareum 3	Sulphuret of Lime.
55	Mercurius Iodatus 3	Iodide of Mercury.
56	Mercurius Solubilis 3	Mercury.
57	Sepiæ Succus 3	Inky Juice of the Cuttle Fish.
58	Silicea 3	Silex.
59	Sulphur 3	Sulphur.

TINCTURES FOR EXTERNAL APPLICATION.

1	Aconitum Napellus φ	Monkshood.
2	Arnica Montana φ	Leopard's bane.
3	Calendula Officinalis φ	Common Marygold.
4	Hamamelis Virginica φ	Witch Hazel.
5	Ledum Palustre φ	Marsh Tea.
6	Rhus Toxicodendron φ	Poison Oak.
7	Tamus Communis φ	Black Bryony.
8	Thuya Occidentalis φ	Arbor Vitæ.
9	Veratrum Viride φ	American Hellebore.

LINIMENTS.

Arnica Montana.	Rhus Toxicodendron.
Bryonia.	Ruta Graveolens. (<i>Rue</i>)

CERATES. (Ointments.)

Arnica Montana.	Hamamelis Virginica.
Calendula Officinalis.	

Glycerole of Carbolic Acid.

Saturated Solution of Camphor.

PART I.

I.—HYGIENE.

Hygiene is, properly speaking, the science of the preservation of health, and includes all those influences in society which have a tendency to affect the human frame, such as exercise, diet, clothing, ventilation, bathing, &c. It is of the utmost importance that these subjects should be thoroughly understood, as comfort, happiness, and long life depend greatly on the proper observance of those rules which, experience has shown, tend to ensure our well being.

1.—DIET.

It is not intended, under this heading, to refer to the diet suitable for the sick, or for those under Homœopathic treatment; this is done under the article on the *Bad effects of Surfeiting, or a deranged and Disordered Stomach*; nor is it meant to give a programme for the most suitable times of eating our meals, or the general routine of our daily life, this is stated under the article on *Indigestion*; but it is intended to give the reader a general idea of the character of the

various articles of diet of daily consumption.* Most persons have a general, and perhaps for hygienic purposes, a sufficient knowledge of the digestibility and nutritious quality of the food in ordinary use, yet it may not be amiss to review briefly the opinions entertained by physiologists about the various kinds of food which are most commonly used by the generality of mankind.

Fat is generally very indigestible, and the warmer the climate is, the more injurious it becomes.

Beef and *Mutton* are eminently nutritious and easily digested.

Venison is also very nutritious and can be readily digested, even by delicate stomachs.

Eggs are very nutritious, and if eaten raw, soft-boiled, whipped, or fried, are of easy digestion; but hard-boiled eggs are not so readily digested, and should not be taken by persons of weak stomachs or of sedentary habits.

Veal is nutritious, but not very digestible, and *Lamb* is allowable.

Tender Chickens and *Turkeys*, also most *Wild Fowl* are generally easily digested; but *Duck* and *Goose* are rather heavy meat, and not suited to weak stomachs. Roasted poultry is preferable to boiled, and all excessively rich fat gravy should be avoided.

Pork is the least digestible of all meats.

* For a more elaborate treatise on this subject, the reader is referred to *Essentials of Diet, or Hints on Food in Health and Disease*, by Drs. Ruddock and Shuldham.

Meat Soups are, if properly prepared, excellent and palatable.

Fish is generally digestible, except the oily kinds of fish without scales.

Oysters are easily digested when eaten raw, but if stewed they become rather heavy; and *Lobsters* and *Shell-Fish* require a good stomach to digest them freely.

Rice is both nutritious and digestible, even by persons with weak stomachs.

Arrowroot, *Sago*, *Tapioca*, and *Farina* are not very nutritious, but are useful vehicles for milk, isinglass, wine, &c.

Oatmeal agrees with some, and is much relished by young children.

Barley is also eminently nutritious and digestible.

Bread should be eaten about a day old, and brown bread will frequently be found most serviceable, especially to the constipated.

Potatoes, to be wholesome and of easy digestion, should be mealy, not watery, and if roasted or baked are more suitable than if boiled.

Carrots, *Turnips* and *Cabbage*, sometimes have a tendency to cause flatulence, but otherwise are wholesome vegetables.

Green Peas and *Cauliflower* can in general be eaten with impunity by everybody.

Relishes, *Condiments*, *Spices*, and *Stimulants* should be used moderately, and avoided altogether by the dyspeptic.

Coffee and *Tea* should not be used too strong, and be well diluted with milk or cream.

Chocolate and *Cocoa* are excellent beverages if used free from fatty matter; *Cocoatina*, *Cocoa Essence*, and *Theobromine* are examples of cocoa from which the latter has been extracted.

Spirituuous Liquors should be avoided; if used frequently they become decidedly injurious.

Beer and *Wine* are allowable, but should be taken in strict moderation, and in many cases *Water* alone will be found the best drink.

Tobacco is highly pernicious.

It is impossible to give such general rules in regard to diet as will prove infallible guides to everybody in the selection of those things which he should eat or drink. An endeavour should be made to find out what agrees best with individuals, and this should be used in preference to other articles of diet. Never force any kind of food on the stomach.

Food should always be properly cooked. Many substances which are very indigestible when in the raw state are rendered perfectly digestible by cooking. Much indigestible food (such as uncooked vegetables, cheese, piecrust, fat meats smoked, shell-fish, &c.) at a time should be avoided, and moderation in the quantity of food taken should also be observed, care being exercised not to make too full or too heavy a meal; or on the other hand to fast too long between meal-times. Persons who lead an active life, or who undergo much bodily exertion in the course of their occupations, require a greater supply of food, and

that of a more nutritious kind, than those who pass a life of inaction, or whose pursuits are of a sedentary character, and women generally require less food than men, and that of a less stimulating kind. Thorough mastication of the food is also of the greatest importance.

2.—COOKING.

The following constitute the common modes of cooking, which are applicable to animal and to most kinds of vegetable food, viz.: broiling, roasting, boiling, baking, stewing, and frying. Broiling and roasting are the most wholesome modes of dressing animal food, which should neither be over nor under-done, but full of its own juice or natural gravy. Boiling is inferior to the above, but well adapted for vegetables. Frying is the least eligible mode of cookery, on account of the fat, oil, &c., used in the process, and is chiefly adapted for fish. The most simple forms of cooking are the best; made dishes not being so wholesome as those which are plain and unmixed.

3.—CLOTHING.

Care should be taken to preserve the body at an equal temperature, without impeding the free motion of the limbs, or altogether excluding the external air from the surface of the body.

The following conclusions of Dr. Wyld, on *Clothing in relation to Health*, may be studied, viz.:

I.—That kind of clothing is the best for the

individual which is most agreeable to his sensations.

II.—That with this view, we should clothe as lightly as we can consistently with personal comfort; and not, as is now generally the case, as warmly as we can possibly endure.

III.—That so long as men live contrary to nature, and under depressing influences, flannel and other warm clothing are especially expedient in cold weather.

IV.—That the object of clothing in summer is not to retain heat, as in winter, and that therefore, the present mode of “dressing” children when they go out in hot weather to walk is irritating and injurious, both to their minds and bodies.

V.—That the adult population, is, in summer, as a rule, clothed excessively, and in a manner injurious to the freedom of vital and bodily action.

VI.—That the aim should be to attain more and more to that conduct of life which will enable men and women to clothe themselves so as best to admit of a free transportation of effete cutaneous exhalations, and so as most to admit to the cutaneous surface the free action of the oxygen of the atmosphere, and, when possible, the free influence of the solar rays, without which there can be no colour, no strength, and no healthy growth.

VII.—That if men lived more in accordance with the laws of nature, that is, if they led less careworn and selfish lives, they would require

less clothing than they now demand, and would thus attain to a condition of physical health and strength now rarely to be met with in civilized life.

4.—EXERCISE.

Exercise is essential to health, and that which is the most natural and healthful is a variety of pleasant and useful occupations, both in the house and open air. But inasmuch as few individuals have the opportunity of doing this, it is sometimes necessary to devise a system of artificial exercise for the purpose of affording the various members of the body an opportunity of being appropriately stimulated by motion. Exercise is a thing of common sense, and most people understand the mode of exercising the various parts of the body best suited to their own state and condition.

One of the best kinds of exercise is *walking*, which should be pursued daily as far into the country as time and strength will permit, care being taken not unduly to fatigue the body.

Horse exercise is a very excellent exercise, especially for dyspeptic persons. It is not fatiguing, and an early ride in the country is an admirable mode of stimulating the appetite and invigorating the whole system.

Exercising with the dumb bells, bowling, swimming, and other bodily exercises, are decidedly beneficial, as likewise are sawing, splitting wood, digging, &c., and gymnastics generally; all having a tendency to give a healthy development and

action to the various members of the body. The motion of a smooth rolling carriage is hardly deserving of being called exercise, and is only useful in cases of great weakness, or for an invalid recovering from a severe illness.

Exercise should, when practicable, be taken in fine dry weather; not too late at night when the air is damp and chilly, or too early in the morning when the fog lies thick on the ground, but when the sun has dispelled the mists from the damp earth; and in all cases, if the feet or clothes get wet, they should be changed on coming into the house, and, above all things, dry shoes and stockings should be put on.

Exercise should in general be taken before meals, and rest after.

5.—SLEEP.

This is the great restorative to the body after the daily exertion to which it has been subjected, and the habit of getting to sleep should be earnestly cultivated. More sleep is required in infancy than childhood, and by children than adults. Young children should go to bed at six or seven in the evening, and have about twelve hours rest, whilst adults can do very well with from seven to nine hours sleep. The best time to retire to rest is from ten to eleven at night, and to rise at six or seven in the morning. The bedroom should be light and airy; a mattress is preferable to a feather bed; the bedclothes should not be too heavy or oppressive, and be well aired. No bed-curtains should impede the air, and no

plants be kept in the room to vitiate the atmosphere. Exercise and tranquility of mind are great accessories to comfortable sleep.

6.—VENTILATION.

It is of the utmost importance that all houses and rooms should be thoroughly ventilated, but ventilation must not be confounded with currents or draughts of air. In ventilating our apartments, it is of the greatest consequence to proceed in such a manner that the draught is not perceived. Rooms should be aired while the inmates are absent. Sick rooms require to be ventilated more frequently than common apartments, but care should be taken that the draught never strikes directly upon the patient; in fact draughts of air should be avoided at all times and under all circumstances. All windows should be made to open at the top as well as the bottom, to enable each apartment to be the better aired, and it is generally better, where practicable, to leave the bedroom door open at night, in order that the air in which so much time is passed, may be kept fresh and pure.

All accumulations of dirty linen, &c., which tend to vitiate the atmosphere, should be carefully removed. Throw the bed open on rising, and, as soon as convenient, open the windows and well ventilate the room. One hour's early ventilation is worth two hours' late airing.

7.—AIR AND LIGHT.

There is nothing so conducive to the maintenance of health, or its restoration, as breathing

the pure fresh air, together with free exposure to the light of day. The free action of the light of the sun is very conducive to health. Too much attention cannot be paid to these points in the choice of a dwelling, especially in towns with narrow streets, and ill ventilated houses. Everyone suffers more or less by being confined within doors, not from want of exercise only, but from want of change of atmosphere and occupation, and therefore a daily habit should be made of taking at least an hour's walk and airing as far into the country as possible; and wherever practicable, individuals should contrive to go into the country, or near the seaside, once or twice a year for change of air. But night-air is very unwholesome, especially just after sunset, when the dew begins to fall. Impure atmospheres, as crowded assemblies, heated ballrooms, &c., should also be avoided, especially by those who are weakly; and a supply of fresh air should be freely admitted at all reasonable times into rooms which are kept constantly occupied.

8.—MORAL HABITS.

A good moral regimen is essential to the preservation of health—no over-study, anxiety, or unhealthy or morbid excitement of any kind, but the cultivation of habits of industry, virtue, the enjoyment of cheerful society, and occasional recreation.

9.—THE USE OF WATER.—BATHING, &c.

The use of water as a means of personal cleanliness cannot be too much enjoined; health, to a

very great extent, depends upon cleanly habits, and most persons should wash all over at least once every twenty-four hours. Cold water may be used for a general ablution every morning, all that has to be considered is the temperature of the room, which should not be too low. Do not lose any time in washing, dash the water boldly on the body, either with the hands or by means of a wet towel—beginning at the face, neck and chest, and gradually proceeding downwards, not omitting the feet and head; then take a few towels and rub all over until the skin is perfectly dry, and a glow is felt on it.

Bathing is also a most desirable means of preserving health, as well as an excellent promotive of cure in many diseases.

Sea Bathing especially is recommended in many nervous diseases, hysteria, weakness, &c. For healthy persons a bathe in the sea, or in some lake or river, is a source of great enjoyment, and has a tendency to invigorate the constitution. Care should be taken not to go into the water within two hours after a meal, or when the body is exhausted or is hot and covered with perspiration, or feels cold and chilly. Moderate exercise should be taken after a bathe, and individuals should plunge boldly in, and not temporize before doing so, thereby causing momentary congestion and oppression. Avoid remaining too long in the water. Leave the water immediately there is the slightest feeling of chilliness. The vigorous and strong may bathe early in the morning on an empty stomach. The young, and those who are

weak, had better bathe two or three hours after a meal. The best time for such is from two to three hours after breakfast. Those who are subject to attacks of giddiness or faintness, and those who suffer from palpitation and other sense of discomfort at the heart, should not bathe in the open air without first consulting their medical adviser. In cases where open-air bathing cannot be enjoyed, the cold bath or bathing-tin may be used either with or without the addition of sea-salt or bay-salt. The flesh brush is an excellent restorer of the circulation after bathing.

The Plunge Bath is intended to stimulate the vital reaction, and it is a very efficient means of stimulation whenever it can be safely employed. Persons should not remain in the plunge bath longer than a few minutes.

The Shower Bath is also intended to stimulate the vital reaction, and should not be used by debilitated asthmatic individuals, or by persons who are affected by organic disease of the lungs or heart. The shower should never be allowed to fall upon the weak spot. Receive it first on the lower extremities, and after they are well showered, gradually let it rise towards the head. Every side of the body should be in turn presented to the falling shower, and while the water is falling the skin should be rubbed as much as possible with the hands or flesh brush.

The Douche is a sort of concentrated shower bath, and is one of the most energetic appliances. It requires care and advice as to its use.

The Sitz Bath or *Sitting Bath*, is used for

various purposes; as a palliative in piles, to stimulate the digestive apparatus, or to soothe the existing irritation of the nervous system, and sometimes as a cure for neuralgia of the face, &c. At first, the water may be used at a temperature of from 90 deg. to 92, gradually decreasing, until in many cases the water may be used quite cold. While in the bath the skin should be rubbed with the hand or flesh brush, and more particularly the bowels, in a circular fashion. The length of time to remain in the bath must depend upon circumstances and the reaction of the system. After the bath, active exercise should be taken. The room in which the bath is taken should be of middle temperature, say 60 to 65 deg., and the upper part of the body should be protected by a blanket or shawl during the operation.

The Warm Bath is of great benefit in many diseases, such as convulsions, croup, &c.; to equalise the temperature of the body, and to calm nervous excitement, to promote perspiration, and to aid a cure from its soothing powers. The temperature of the water may be raised to 98 deg., and be fully maintained by additions of hot water carefully poured down the side of the bath until the patient comes out. The room in which the bath is taken should have a fire in it, and a warmed blanket should be ready to wrap the patient in as soon as he leaves the bath.

The Foot Bath is useful in headache, catarrh, &c. In some instances warm water may be applied to the feet, whilst a towel soaked in cold water is wrapped round the head. If *cold foot*

baths are employed, the reaction which they occasion, relieves congestion to the head, &c. *Hot foot baths* may be used to promote a general perspiration in the case of cold, influenza, &c.

The Wet Bandage or Compress is a favourite mode of employing water for curative purposes. It should consist of half-a-dozen thicknesses of linen dipped in cold water and wrung out, applied to the inflamed part, and a piece of oiled silk with flannel on the outside tied over them. In many cases the bandages require to be re-soaked and re-applied as often as they become warm or dry.

Hot Fomentations or Hot Water Bandages are also frequently employed in the case of colicky pains, &c., and should consist of flannel instead of linen.

10.—THE TEMPERATURE OF BATHS.

The common division is into cold and warm ; but various subdivisions are formed, marked by a certain range of temperature which are designated :—

- 1.—The cold bath, from 40 deg. to 65 deg.
- 2.—The cool " 65 " 75 "
- 3.—The temperate " 75 " 85 "
- 4.—The tepid " 85 " 92 "
- 5.—The warm " 92 " 98 "
- 6.—The hot " 98 " 112 "

2. The Most

COMMON CAUSES OF DISEASE.

The effects of a cold or chill, a simple derangement of the stomach, an emotion of the mind, and over-exertion or fatigue, simple as they may be in themselves, are, nevertheless, frequently productive of the most injurious consequences when not checked at the commencement; and although these common causes of disease often derange the health and give rise to ailments more or less severe, they are also very frequently, in their early stages, so trifling as to be comparatively easily cured by judicious hygienic and medicinal treatment. Their management is therefore of such importance that a few remarks upon the subject are here appended; and as poisons also are frequently the cause of suffering, even when death does not ensue, a few hints as to their antidotes and the treatment to be adopted in cases where they have been taken, may not be out of place.

1.—BAD EFFECTS OF A COLD OR CHILL.

A common cold or catarrh is perhaps the most frequent disease to which the human body is subject, especially in this moist and changeable climate, indeed, there are few individuals who pass through the year without suffering from it in a greater or less degree. Fortunately in itself its danger is by no means proportionate to its frequency, yet, slight as a cold often is at first, it is very apt to spread, become severe, and

consequently to occasion serious disease. Dr. Hayward has described it as a most prolific cause of disease.* It is the constant source of bronchitis, it often terminates in inflammation of the lung, and it frequently lays the foundation for consumption. Hence, whenever there is the slightest appreciable predisposition to lung disease, a common cold, in however mild a form it may come on, ought to be attended to with anxious care. The disease is at first local and may often be arrested at once, or at all events its severity may be lessened by the application of appropriate remedies. The various forms of ailment occasioned by a cold or chill are fully given in the body of this work, with their medicinal and accessory treatment clearly indicated, but as the general management of the disease, especially at its commencement is so important, the following directions are also given. First,—administer a few doses of *Camphor*, as recommended under *Cold in the Head*; if this is not sufficient to arrest the ailment, inhale through the nostrils, for at least a quarter of an hour or twenty minutes at a time, the vapour of warm water, or an infusion of chamomile flowers, or decoction of poppy heads. Keep the temperature of the apartment at a uniform moderate heat, about 65 deg., the sleeping as well as the sitting room; and with a view of promoting a general and gentle perspiration, the feet, imme-

* *Taking Cold (The cause of Half our Diseases.) Its nature, causes, prevention and cure.* By JOHN W. HAYWARD, M.D. M.R.C.S., L.S.A.

diately before going to bed, should be bathed in warm water for twenty minutes (maintaining the heat by fresh additions of hot water), the bed warmed, and a tumblerful of wine-whey, or a basin of warm gruel taken. *Aconitum*, in drop doses, is the most useful medicine during this stage, to be taken every two hours. Care must always be exercised to keep the body warm, and the feet thoroughly dry. Besides the above directions, the general articles on *Catarrhal Fever* and *Cold in the Head* should be consulted, and special paragraphs will also be found on the consequences of a cold or chill under the following headings:—*Asthma, Bronchitis, Colds of Infants, Colic from a Chill, Cough, Deafness from a Cold, Diarrhœa from a Chill, Earache, Inflammation of the Eyes, Faceache from a Chill, Swollen Face, Swelling of the Glands, Catarrhal Headache, Hoarseness, Influenza, Rheumatism* (pains in the limbs), *Catarrhal Sore-throat*, and *Toothache from a Chill*. When over-heated during summer time, it is well to take a few drops of wine or brandy on sugar, or a little sugared water, or water containing orange or lemon syrup sufficient to give it a pleasantly acid flavour, and to refrain from drinking cold water until the body has cooled a little.

2.—BAD EFFECTS OF OVER-FATIGUE, OR EXHAUSTION.

These are generally not so apparent as the injurious consequences attendant upon a chill, although much injury frequently results from

undue exercise. Consult the article on *Fatigue*. After immoderate exertion, great relief will be felt from taking a warm bath for twenty minutes, or sponging with tepid water in which a little brandy or rum has been mixed, or even by putting the feet into warm water, and by partaking of a cup of moderately-strong tea. The moderate use of a stimulant may likewise be beneficial.

3.—BAD EFFECTS OF MENTAL EMOTIONS.

The injurious effects upon the system resulting from sudden or violent emotions—such as anger, fear, fright, grief, &c., require careful and judicious hygienic and special medicinal treatment. They are chiefly confined to the diseases of women and children, and are seen in connexion with such ailments, as *Convulsions*, *Diarrhœa*, *Fainting*, *Headache*, *Hysteria*, *Palpitation of the Heart*, *Indigestion*, *Jaundice*, &c., and special directions will be found for the medicinal treatment of these disorders in the body of this work. In many cases a tendency to strong mental emotions may be very much corrected by a proper mode of living, and by suitable occupation, diverting the mind from the causes which are calculated to increase such susceptibility, and tending to brace, invigorate, and strengthen the system. Read the chapter on *Hygiene*, and see the directions laid down under *Chronic Indigestion* or *Dyspepsia*.

4.—BAD EFFECTS OF SURFEITING, OR A DERANGED AND DISORDERED STOMACH.

The ill effects of over-feeding, or of partaking

of rich, heavy, indigestible, sour or flatulent food, are almost as common, though perhaps not quite so severe as those which follow a chill or cold, and are the cause of much misery, frequently of both mind and body, if they do not permanently undermine the health. Weakness of the stomach may be occasioned by causes which act directly and immediately upon it, or by those which act upon the whole body or upon particular parts of it, but which still affect the stomach principally and almost solely. Of the first kind are noxious, irritating and indigestible substances, taken as food or drink, such as tainted meat, decayed vegetables, unripe fruit, very acid matters, ardent spirits, &c., and even wholesome food taken too frequently or in too large a quantity, especially when its nature is very nutritious or very rich and fat, or when it is rendered too stimulating by being too highly seasoned; and large quantities of fluids habitually taken at too high a temperature, as very hot tea, coffee, or soup. Of the second kind, those causes which act upon the whole body, or upon particular parts and functions of it, are—want of pure air, want of exercise (from physical inactivity all the organs of the body languish, but the stomach first and most), intense study or close application, mental emotions, exposure to cold and moisture, excessive discharges from the body, sympathy with some other diseased organ, organic disease of the stomach itself, &c. When the stomach is yet unimpaired in its tone, is healthy and strong, every care should be taken to maintain it in

such a condition by avoiding, as far as is possible, these causes of disease, and by correcting little derangements as they arise; and where weakness of the organ already exists, a strictly rational mode of living should be adopted, not for a time merely, but permanently, in order that the existing disorder may be rectified, or at all events not suffered to increase. The bad effects of over-loading the stomach, or of its frequent derangement, present such various forms of ailment, that reference must be made to them in the body of this work. Most of them are included, together with general directions for living rationally, under the comprehensive heading, *Indigestion*. When derangement of the stomach, in whatever form it may appear, can be traced to the eating or drinking of certain articles of food, a medicine should be selected to correct their effects, from the second paragraph under this heading. *Bilious Symptoms, Colic, Constipation, Diarrhœa, Distension, Flatulency, Giddiness, Headache, Heartburn, Nausea or Vomiting, Nightmare, Palpitation of the Heart, Regurgitation, and Waterbrash*, have each a special article devoted to it, or are included under the same heading—*Indigestion*. Intoxication, the smoking of tobacco, the immoderate use, and even the habitual enjoyment of spirituous liquors, are frequently the causes of much of the suffering arising from weakness of the digestion, and where such is the case, they must be at once abstained from. Cold spring water, both internally and externally, is perhaps the most useful agent in invigorating the system,

together with plenty of fresh bracing air, and exercise either on horseback or on foot. There is no disease or no class of disorders in which a careful diet and well-arranged regimen are more required than in derangements of the stomach, and it is almost impossible to correct the little ailments which arise, or those departures from health which result from long-continued weakness of the organ, by medicine alone, unless aided by a well-regulated life both as regards diet and habits.

THOSE ARTICLES OF FOOD WHICH IN GENERAL ARE MOST EASILY DIGESTED AND MOST SUITED TO WEAK STOMACHS ARE,—

Meats.—Beef, mutton, poultry, pigeons, rabbits, pheasants, and other fresh game plainly cooked.

Fish.—Soles, whittings, smelts, trout, sprats, and all flat fish. Oysters taken raw, without the beard, and well masticated.

Puddings.—Made of rice, tapioca, macaroni, vermicelli, semolina, sago, arrowroot or corn flour, and not too sweet.

Soup or Broth.—Made from the lean of beef, veal, or mutton; to which may be added well-boiled sago, tapioca, vermicelli, rice, semolina, or macaroni.

Eggs.—Lightly dressed.

Vegetables.—Potatoes, brocoli, green peas, cauliflower, spinach, mild turnips, carrots, French beans, and asparagus.

Fruit.—Baked, stewed, or preserved apples;

pears, cherries, strawberries, or any other not of an acid quality.

Beverages.—Water, milk, cocoa, arrowroot, gruel, toast-water, barley-water, gum-water, &c.

THOSE WHICH ARE IN GENERAL NOT SO SUITABLE OR SO DIGESTIBLE ARE,—

Meats.—The flesh of *young* animals; pork; salted, spiced, and smoked meats; ducks, geese, and all seasoned dishes.

Fish.—Crab, lobster, all shell-fish, except oysters, and all oily fish, as salmon, eels, &c. All salted, spiced, and smoked fish.

Soups.—Turtle, mock-turtle, and all rich and seasoned soups.

Cheese.—Rotten or decayed.

Vegetables.—Cucumbers, celery, onions, artichokes, radishes, parsley, leeks, thyme, garlic, cresses, pickles, salads, and unripe fruits.

Pastry of all kinds ought to be very sparingly used.

Beverages.—Coffee, spirits, ginger beer, soda water, seltzer water, and all stimulating and acid drinks.

Tobacco and *Snuff* in every form, and

All *Aperients*, *Pills*, and ordinary *Domestic Medicines*, of every kind, should be abstained from.

5.—POISONS AND THEIR ANTIDOTES.

1.—GENERAL MEASURES WHICH OUGHT IMMEDIATELY TO BE ADOPTED.

A.—*Send for medical aid at once.*

B.—*Endeavour to excite vomiting.*—This should be done if there is an inclination to vomit, or it should be promoted if the vomiting has already taken place. The best simple means to effect this is to freely administer tepid water, and to tickle the throat with a long and soft feather. Incline the patient forward, place one hand on his stomach, support his head, and gently beat him between his shoulders. If this does not succeed, and there is only empty retching or insufficient vomiting, a tablespoonful of mustard in a small tumblerful of warm water may be given. Whilst vomiting is being promoted, ascertain, if possible, what kind of poison has been taken, with a view to neutralize it or lessen its effects.

C.—*Lessen the effects of the poison.*—The following are useful remedies to be used in accordance with the table of poisons (special measures, &c.) and their antidotes, given below.

a.—The whites of several eggs beaten up, mixed with cold water and drank freely and repeatedly (especially if there are violent pains in the stomach and bowels).

b.—Soap suds.—A teacupful, warm, every three or four minutes (if the poison is an acid or a metal).

c.—Chalk in water.—Even the plaster of the ceiling or walls of a room rubbed into powder and mixed pretty thickly with water may be used with equal advantage.

d.—Magnesia in water.—Stirred in water and repeated as often as thrown up.

e.—Vinegar and water.—(If alkalies have been taken).

f.—Olive oil.

g.—Milk.

h.—Sugar or sugar-water.

2.—SPECIAL MEASURES WHICH OUGHT TO BE EMPLOYED
AS SOON AS THE KIND OF POISON WHICH HAS BEEN
TAKEN HAS BEEN ASCERTAINED.

I.—ACIDS.

Mineral acids (*sulphuric, muriatic, nitric, oxalic, &c.*)—Chalk or magnesia, in water; tepid soap suds, and afterwards milk and other diluents.

Prussic acid.—Hartshorn to be smelled and taken in small quantities; dashing with cold water, and pouring it from a height over the back of the head, neck and spine.

II.—ALKALINE POISONS.

Alkalies (*soda and potash*).—Vinegar and water; almond and olive oil; any innocent acid, such as lemon juice with water.

III.—GAS.

Gas produced in places deprived of fresh air, such as privies, cellars, wells, &c.—The open air; semi-erect position, cold water to the neck and face if the surface is warm, mechanical excitement of respiration by manipulating the throat and abdomen, feet in hot water, flagellation.

IV.—METALLIC AND MINERAL POISONS.

Arsenic.—White of eggs with water; powerful emetics, such as sulphate of zinc, if vomiting

has not commenced; large quantities of milk, or some thick bland fluid such as flour and water or sugar and water, linseed tea.

Corrosive sublimate and other compounds of mercury; blue vitriol and other compounds of copper.—White of eggs beaten up with water, sugar and water, milk.

White vitriol and other compounds of zinc.—Milk, carbonate of soda in water.

Compounds of lead.—Emetics, milk, bicarbonate of soda.

Antimony.—Large quantities of warm water or milk, decoction of bark.

Nitrate of silver (lunar caustic).—Common salt and water.

Phosphorus, Phosphor paste, &c.—A speedy emetic, followed immediately by magnesia in linseed tea, milk, or other bland fluid. No oil of any kind must be given.

V.—VEGETABLE POISONS.

Aconite, belladonna, hemlock, cocculus, colchicum, digitalis, hellebore, nux vomica, opium or laudanum, stramonium, &c.—The treatment is similar in each,—stomach pump, emetics, tickling of the throat, blows on the palms and soles, semi-erect position and forced exercise by constant walking, dashing of cold water on the face, strong coffee, ammonia, internal stimulants.

Strychnine and other vegetable alkaloids.—Emetics, warm water, decoction of bark.

In some few instances, Homœopathic medicines, even when given in the treatment of

disease, seem to produce so much perturbation of the system as to call for an antidote; in such cases the disturbance is generally but slight, and usually quickly subsides, but if an antidote to the effects of a medicine is required, a few drops of the strong solution of camphor, or a little strong coffee will remove all unpleasant effects.

3.—SUSPENDED ANIMATION,

OR APPARENT DEATH FROM VARIOUS CAUSES.

In cases of apparent death, too much should not be done, or too many things tried, until some examination of the patient and surrounding circumstances is made. There may be appearance of death, especially after some violent injury, when the functions of life are only suspended. When there is the least uncertainty, and in all cases where animation has been suddenly suspended, nothing should be done that can possibly cause death; the body should be treated with the greatest care, giving opportunity for resuscitation as long as that is possible.

THE APPEARANCES WHICH INDICATE DEATH ARE GENERALLY, cessation of breathing and action of the heart; loss of heat; the coldness and pallor of the surface increase; rigidity; the eyelids are generally half closed; the pupils of the eyes dilated; the jaws clenched; the fingers semi-contracted; the tongue appearing between the teeth, and the mouth and nostrils are covered with a frothy mucus.

The following directions issued by the Royal

Humane Society are chiefly Dr. H. R. Silvester's method of restoring the apparently drowned. They have been approved by the Royal Medical and Chirurgical Society, and are given as the latest and best known means of restoration.

I.—If from drowning or other suffocation, or narcotic poisoning.—Send immediately for medical assistance, blankets, and dry clothing, but proceed to treat the patient instantly, securing as much fresh air as possible.

The points to be aimed at are—*first*, and *immediately*, the restoration of breathing; and *secondly, after breathing is restored*, the promotion of warmth and circulation.

The efforts to restore life must be persevered in until the arrival of medical assistance, or until the pulse and breathing have ceased for at least an hour.

TREATMENT TO RESTORE NATURAL BREATHING.

Rule 1.—To maintain a free entrance of air into the windpipe.—Cleanse the mouth and nostrils; open the mouth; draw forward the patient's tongue, and keep it forward: an elastic band over the tongue and under the chin will answer this purpose. Remove all tight clothing from about the neck and chest.

Rule 2.—To adjust the patient's position.—Place the patient on his back on a flat surface, inclined a little from the feet upwards; raise and support the head and shoulders on a small firm cushion or folded article of dress placed under the shoulder blades.

To illustrate the position of the body during the



I.—INSPIRATION.

Rule 3.—To imitate the movements of breathing.—Grasp the patient's arms just above the elbows, and draw the arms gently and steadily upwards, until they meet above the head (this is for the purpose of drawing air into the lungs); and keep the arms in that position for two seconds. Then turn down the patient's arms, and press them gently and firmly for two seconds against the sides of the chest, see engravings I. and II. (this is with the object of pressing air out of the lungs. Pressure on the breast-bone will aid this.)

Repeat these measures alternately, deliberately, and perseveringly, fifteen times in a minute, until a spontaneous effort to respire is perceived, im-

employment of this method of inducing respiration.



II.—EXPIRATION.

mediately upon which cease to imitate the movements of breathing, and proceed to induce circulation and warmth (as below).

Should a warm bath be procurable, the body may be placed in it up to the neck, continuing to imitate the movements of breathing. Raise the body in twenty seconds in a sitting position, and dash cold water against the chest and face, and pass ammonia under the nose. The patient should not be kept in the warm bath longer than five or six minutes. But it is preferable that artificial respiration and friction of the limbs and body with dry flannel or cloths should be first had recourse to, and that the warm bath should

not be employed till there is proof of respiration having been restored.

Rule 4.—To excite inspiration.—During the employment of the above method excite the nostrils with snuff or smelling-salts, or tickle the throat with a feather. Rub the chest and face briskly, and dash cold and hot water alternately on them.

TREATMENT AFTER NATURAL BREATHING HAS BEEN RESTORED.

Rule 5.—To induce circulation and warmth.—Wrap the patient in dry blankets and commence rubbing the limbs upwards, firmly and energetically. The friction must be continued under the blankets or over the dry clothing.

Promote the warmth of the body by the application of hot flannels, bottles, or bladders of hot water, heated bricks, &c., to the pit of the stomach, the arm-pits, between the thighs, and to the soles of the feet. Warm clothing may generally be obtained from bystanders.

On the restoration of life, when the power of swallowing has returned, a teaspoonful of warm water, small quantities of wine, warm brandy and water, or coffee should be given. The patient should be kept in bed, and a disposition to sleep encouraged. During reaction large mustard plasters to the chest and below the shoulders will greatly relieve the distressed breathing.

2.—APPARENT DEATH FROM A FALL.

Treatment.—Place the patient carefully on a bed with the head elevated, and introduce a little *Arnica* mixed with water into the mouth. The body may then be carefully examined to see if there are any fractures.—See also *Bruises* and *Contusions* or *Wounds*.

3.—APPARENT DEATH FROM HANGING, CHOKING, OR SMOTHERING.

Treatment.—The treatment to be pursued in these cases is similar to that recommended under apparent death from drowning. All tight clothing must be removed and the patient placed in an easy half-erect position; the neck not bent forward too much.

4.—APPARENT DEATH FROM NOXIOUS VAPOURS AND GASES.

Treatment.—1.—Remove the body into a cool fresh air.

2.—Dash cold water on the neck, face, and breast frequently.

3.—If the body be cold, apply warmth as recommended for the apparently drowned (Rule V.)—See also *Special Measures*, page 30.

5.—APPARENT DEATH FROM OTHER CAUSES.

1.—For the treatment of **stillborn children**, excitement of the skin, the alternate cool and hot bath (the temperature being 60 deg. and 100 deg. Fahr.), postural respiration, and rubbing with pressure upwards, are the remedies.

2.—**If from intense cold.**—Rub the body with snow, ice, or cold water. Restore warmth by slow degrees. In these accidents it is highly dangerous to apply heat too early.

3.—**If from intoxication.**—Lay the individual on his side on a bed with his head raised. The patient should be induced to vomit. Stimulants should be avoided.

4.—**If from apoplexy or from sun-stroke.**—Cold should be applied to the head, which should be kept well raised. Tight clothing should be removed from the neck and chest. Stimulants should be avoided.

4.—POULTICES,

HOW TO PREPARE THEM.

1.—**Bread.**—Obtain old, stale bread, cut out the crumb and crumble it into a basin; pour boiling water upon it and place it by the fire for a few minutes; then pour off the water, replace it by fresh and put the whole into a saucepan and boil for a minute or two, stirring it constantly with a fork. Lastly, press it and make into suitable shape for application. Cover the poultice outside with flannel, to retain the warmth.

2.—**Charcoal.**—Rub two ounces of bread into half-a-pint of boiling water near the fire; then mix and add $1\frac{1}{4}$ -ounces of linseed meal by degrees, stirring it so as to make a soft poultice. Mix a quarter of an ounce of powdered *animal* charcoal with this and sprinkle a little of the charcoal all over the surface of the poultice. This is a most valuable poultice for removing the smell from

sloughing or unhealthy sores, but it should be changed two or three times a day at least ; oftener if the smell is very offensive.

3.—*Linseed Meal*.—Scald your basin, by pouring a little hot water into it ; then put a small quantity of finely-ground linseed meal into a basin, pour a little boiling water on it and stir it round briskly until you have well incorporated them ; add a little more meal and a little more water, then stir again. Do not let any lumps remain in the basin, but stir the poultice well, and do not be sparing of your trouble. If properly made, it is so well worked together that you might throw it up to the ceiling, and it would come down again without falling to pieces ; it is, in fact, like a pancake. The next thing to do is to take as much of it out of the basin as you may require and lay it on a piece of soft linen. Let it be about a quarter of an inch thick and so wide that it may cover the whole of the inflamed part.

4.—*Mustard*.—Take of boiling water half-a-pint, linseed meal and powdered mustard of each two ounces and a half, or as much as may be sufficient ; add the powders, first mixed together, to the water by degrees, stirring them so as to make a poultice. The addition of the linseed meal, of course, weakens its effects ; if a stronger application is required, it can be conveniently made by simply spreading thick mustard as prepared for every-day use upon calico ; or a common bread and water poultice may be made, and dry flour of mustard sprinkled upon its surface. It should not be applied too long ; from fifteen

twenty-five minutes is generally sufficient for an adult, and five to ten minutes for a child.

5.—*Spongio-piline*.—A mixture of sponge and wool laid upon a water-proof exterior, useful for applying heat and moisture in severe colics, spasms in the stomach, pleurisy, &c.

It can be purchased of any chemist.

5.—DISINFECTANTS.

1.—*Chloride of Lime*.—Is one of the most powerful disinfecting agents yet discovered, almost instantly destroying every bad smell and all effluvia arising from animal and vegetable decomposition, and effectually preventing their deleterious influence. It may be thrown down drains or water-closets, or be sprinkled about, or solutions prepared and applied to floors, and vessels may be rinsed out with them. They may also be diluted and linen rinsed out in them.

2.—*Condy's Disinfecting Fluid*.—Is an invaluable preparation in all cases where a disinfectant is required. It not only deodorizes, but disinfects perfectly, and destroys for ever the cause of infection; it is not poisonous in small quantities, as it may be used to purify water; it evolves no noxious or unpleasant gas, and it cannot easily be mistaken for any other fluid. It is also exceedingly useful where solid or liquid infectious matters have to be dealt with. It speedily renders the matter of cesspools, drains, and sewers perfectly innocuous.

The red fluid is the best. Full directions for its use are given with each bottle.

3.—*Chloride of Zinc*.—Is another excellent disinfectant, sold under the name of “Sir William Burnett’s Disinfecting Fluid.”

4.—*Carbolic Acid*,—and,—

5.—*Chloralum*.—Are also valuable and very efficient disinfectants.

The most important and valuable method of disinfection is ventilation, and whatever other may be added to it this should never be neglected. The apartments or whatever requires to be purified, should be exposed to a constant and free current of fresh air, till every trace of odour is completely expelled, or as long as any emanation is going on. Fumigations with aromatic substances, as camphor, &c. are perfectly useless, only serving to conceal the smell, but having no influence either on it or the infectious particles.

Perfect cleanliness is of the greatest importance; every portion of the room or house should be carefully and frequently washed with soap and hot water; clothes and everything removable, should be immersed in hot water, and after being well washed should be exposed for a long time to the open air, or sprinkled with a solution of some disinfectant; the walls and ceilings should be whitewashed, and beds, bedding, &c. cleaned and exposed to the open air.

disease, seem to produce so much perturbation of the system as to call for an antidote; in such cases the disturbance is generally but slight, and usually quickly subsides, but if an antidote to the effects of a medicine is required, a few drops of the strong solution of camphor, or a little strong coffee will remove all unpleasant effects.

3.—SUSPENDED ANIMATION,

OR APPARENT DEATH FROM VARIOUS CAUSES.

In cases of apparent death, too much should not be done, or too many things tried, until some examination of the patient and surrounding circumstances is made. There may be appearance of death, especially after some violent injury, when the functions of life are only suspended. When there is the least uncertainty, and in all cases where animation has been suddenly suspended, nothing should be done that can possibly cause death; the body should be treated with the greatest care, giving opportunity for resuscitation as long as that is possible.

THE APPEARANCES WHICH INDICATE DEATH ARE GENERALLY, cessation of breathing and action of the heart; loss of heat; the coldness and pallor of the surface increase; rigidity; the eyelids are generally half closed; the pupils of the eyes dilated; the jaws clenched; the fingers semi-contracted; the tongue appearing between the teeth, and the mouth and nostrils are covered with a frothy mucus.

The following directions issued by the Royal

Humane Society are chiefly Dr. H. R. Silvester's method of restoring the apparently drowned. They have been approved by the Royal Medical and Chirurgical Society, and are given as the latest and best known means of restoration.

I.—If from drowning or other suffocation, or narcotic poisoning.—Send immediately for medical assistance, blankets, and dry clothing, but proceed to treat the patient instantly, securing as much fresh air as possible.

The points to be aimed at are—*first*, and *immediately*, the restoration of breathing; and *secondly*, *after breathing is restored*, the promotion of warmth and circulation.

The efforts to restore life must be persevered in until the arrival of medical assistance, or until the pulse and breathing have ceased for at least an hour.

TREATMENT TO RESTORE NATURAL BREATHING.

Rule 1.—To maintain a free entrance of air into the windpipe.—Cleanse the mouth and nostrils; open the mouth; draw forward the patient's tongue, and keep it forward: an elastic band over the tongue and under the chin will answer this purpose. Remove all tight clothing from about the neck and chest.

Rule 2.—To adjust the patient's position.—Place the patient on his back on a flat surface, inclined a little from the feet upwards; raise and support the head and shoulders on a small firm cushion or folded article of dress placed under the shoulder blades.

it (more or less, according to circumstances) in small pieces, and placing it in half a pint of water until it dissolves.

Or (3).—*Brand's Essence of Beef*.—This essence consists solely of the juice of the finest beef, extracted by a gentle heat, without the addition of water or of any other substance whatever. It contains therefore the most stimulating and exhilarating portions of the beef, without any fatty, gelatinous, or fibrous elements, which require solution in the stomach. It has been introduced into medical practice as a stimulant, after loss of blood from any cause: and more particularly in cases of nervous exhaustion and urgent danger, a teaspoonful or more may be taken three times daily, with a little bit of bread and a mouthful of wine. It is best taken cold.

Beef Tea jelly is another excellent preparation of Messrs. Brand & Co.

Or (4).—Cut a pound of good rump steak into thin slices, place the meat so cut in a dish, and add just sufficient cold water to moisten it, sprinkle a little salt over it, and let it stand near the fire for an hour, covered over, then place in a saucepan with a pint of water and simmer very gently down to half-a-pint, skimming to remove the fatty matter, and serving with toasted bread. It may also be thickened with rice, sago, barley, &c.

Or (5).—Cut half a pound of fresh, lean meat into very small pieces, put into a vessel with a pint of cold water, add a pinch of salt and five drops of strong, pure muriatic acid. Let it stand

in a cool place for two hours (no heat must be applied), then strain through a hair sieve without pressure; if not clear, strain a second time. (LIEBIG). A most nourishing broth is the result, a teacupful of which may be taken twice or thrice in the twenty-four hours in ordinary cases.

Or (6).—Essence of beef, or meat juice, is prepared by Messrs. Gillon & Co. of Leith, and is one of the most concentrated forms of beef tea made, although perhaps inferior in strength to recipe No. 1. It is sold in tins by most chemists.

3.—*Mutton Broth*.—(1).—Take one pound of the scrag end of neck of mutton, bruise thoroughly the meat and bone with a chopper, then place the meat in a dish with just enough cold water to moisten it, add a little salt and let it stand by the fire for an hour, covered with a plate; place in a stewpan with a pint of water, let it simmer very gently for a couple of hours, or until it is reduced to about half its quantity; skim off all the fat and strain through a hair sieve. It may be thickened with a little arrowroot, rice, barley, &c.

Or (2).—Mutton broth as prepared by Messrs. Brand & Co. and sold by most chemists.

Or (3).—Essence of mutton is prepared by Messrs. Gillon & Co. of Leith, and is used and sold in the same form as their beef-essence.

4.—*Chicken Broth*.—Brand's chicken broth and Gillon's essence of chicken are very nice preparations.

5.—*Arrowroot*.—Put into a basin a dessert-spoonful of the powdered root, and mix it with as much cold soft water as will make it into a soft paste; then pour on half-a-pint of boiling water, while stirring it briskly; after boiling it a few minutes, it will become a clear, smooth jelly, to which add a little sherry or other white wine, and a little lemon peel and sugar. Lemon or Seville orange juice may be added if agreeable. For very young children, milk may be substituted for water and wine.

6.—*Sago*.—Soak two ounces of pearl sago in cold water for an hour, strain, and simmer in a pint of fresh water until it is quite clear—sweeten with sugar; it may be flavoured with wine. If made with milk, it is a nutritious diet for consumptive persons.

7.—*Gruel*.—Take of Robinson's patent or prepared groats one tablespoonful, mix with a wineglassful of cold water, pour this into a stewpan containing nearly a pint of boiling water, stir the gruel on the fire while it boils for ten minutes; pour it into a basin, add a pinch of salt and a little butter, or, if more agreeable, some sugar, and a small quantity of wine or spirits. If the constitution is delicate, the butter must be omitted.

8.—*Barley Water*.—Take of Robinson's patent or prepared barley, one ounce, mixed with a wineglassful of cold water, pour this into a stewpan containing nearly one quart of boiling water, stir this over the fire while boiling for five minutes, then flavour with a small piece of

orange peel, lemon peel, or cinnamon, and sweeten according to taste.

9.—*Compound Barley Water*.—Take of barley-water two pints; figs sliced, two ounces and a half; liquorice root, fresh and bruised, five drachms; raisins, stoned, two ounces and a half; water, a pint—boil down to two pints and strain.

10.—*Hartshorn Jelly*.—Is made by boiling an ounce of hartshorn shavings (in a close vessel) in a quart of water, down to a pint; it is a light nutriment for delicate or consumptive habits. The artificial asses' milk is made by boiling two ounces of hartshorn shavings, two ounces of pearl barley, two ounces of candied eringo root, and a quarter of an ounce of isinglass, in two quarts of water, till reduced to one; strain through muslin. Take a quarter of a pint twice a day, with an equal proportion of new milk.

11.—*Port Wine Jelly*.—A tumbler of port wine, a quarter of an ounce of the best isinglass, half an ounce solution of gum arabic, sweetened with sugar candy. Dissolve over a slow fire, keeping the saucepan covered. Most useful in great debility, particularly for the aged, where extra support is required.

12.—*Irish Moss*.—Soak half an ounce in cold water till swollen, then boil in a quart of milk, and strain through a coarse cloth or sieve—sweeten to the taste. It should be taken early in the morning, and when the cough is troublesome.

Iceland Moss is prepared in the same manner as Irish Moss.

13.—*Linseed Tea*.—(1).—Boil one ounce of linseed in one pint of water a few minutes, and strain through muslin.

Or (2).—Pour a pint of boiling water on an ounce of linseed, and half an ounce of liquorice root sliced; let it stand four hours near the fire in a covered jug and strain.

14.—*Toast Water*.—Toast slowly a piece of bread, let it be very brown but not black; put it into cold water and let it stand until the water is of a bright brown; strain and serve.

15.—*Gum Mixture*.—(1).—Gum arabic powdered, ten ounces; boiling water, a pint; rub and dissolve the gum arabic in the water and strain.

Or (2).—Take of strong gum mucilage three ounces; sweet almonds, ten drachms; white sugar, five drachms; water, two pints. Steep the almonds in hot water and peel them; beat them to a smooth pulp in an earthenware or marble mortar, first with the sugar and then with the mucilage; add the water gradually, stirring constantly; then strain through linen or calico.

16.—*Rice Water*.—Boil the best rice in a sufficiency of water until all the goodness is extracted from it. It may be drank when cold and is a valuable adjunct in cases of diarrhœa.

17.—*Ground Rice Milk*.—Boil one spoonful of ground rice, rubbed down smooth, with three

half pints of milk, a bit of cinnamon, lemon-peel, and nutmeg; sweeten when nearly done.

18.—*Eggs*.—An egg broken into a cup of tea, or beaten and mixed with a basin of milk, makes a breakfast more supporting than tea solely.

An egg divided, and the yoke and white beaten separately, then mixed with a glass of wine, will afford two very wholesome draughts, and prove lighter than when taken together.

Eggs very little boiled or poached, taken in small quantity, convey much nourishment; the yolk only, when dressed, should be eaten by invalids.

In cases of extreme prostration, a small quantity of extract of meat in a glass of sherry or claret is a good restorative; where perfect nourishment is required, a teaspoonful of extract of meat should be used in half a pint of hot water, and the yolk of an egg well beaten up with it.



PART II.

DISEASES AND THEIR TREATMENT;

OR,

SIMPLE DIRECTIONS IN HOMŒOPATHIC DOMESTIC MEDICINE.

The arrangement of this Work is strictly Alphabetical.

I.—ABSCESS.

DESCRIPTION OF AILMENT.—An abscess consists of a collection of matter termed pus, in some tissue or organ of the body. It results from local inflammation, and terminates in suppuration. It frequently occurs in the breast—gathered breast—especially after the birth of the first child, when the gland is called upon to perform the function of lactation.

1.—ACUTE ABSCESS.

SYMPTOMS.—An acute abscess is attended with inflammation in the affected part, which is swollen and painful. After a time, matter forms, the pain becomes throbbing, fluctuation can be detected by pressure with the fingers, and the abscess gradually comes to a “head,” which finally bursts and discharges (in a healthy abscess) a thick and creamy matter.

MEDICINAL TREATMENT.—*Belladonna* and *Mercurius Sol.* should be given at the commencement, during the inflammatory period, and when the swelling is attended with considerable pain.

DOSE.—Two drops of *Belladonna* in a dessertspoonful of water alternately with two grains of *Mercurius Sol.* every four hours.

Hepar.—If the swelling is slow in its progress and matter begins to form.

DOSE.—Two grains three times a day in a little water.

Hepar.— } Should be taken after the abscess
Silicea.— } has opened.

DOSE.—Two grains of *Hepar* at night, and two grains of *Silicea* in the morning for a few days.

ACCESSORY TREATMENT.—Foment with hot water, and when coming to a “head,” apply hot, fresh linseed-meal poultices, renewed as they get cold. After the matter has been discharged, apply lint, saturated with *Calendula* lotion (one teaspoonful of *Calendula* tincture to two tablespoonsful of water), covering the whole with oiled silk, and re-dressing it frequently. During the inflammatory period the diet should be light, without much animal food; otherwise, nourishing and easy of digestion.—See *Boils*.

2.—CHRONIC ABSCESS.

SYMPTOMS.—A chronic abscess is frequently insidious in its formation, the fluctuation is more or less marked according to its distance from the surface, and it is free from pain, swelling, and redness, unless it has attained to a considerable size, or is accidentally inflamed,

when it may put on a more acute character, the skin may inflame and ulcerate, and the matter (which is thin) be discharged. In the case of deep-seated abscesses the matter may burrow in an insidious and destructive manner.

MEDICINAL TREATMENT.—*Bryonia*, *Mercurius Sol.*, and *Silicea* may be given.

DOSE.—Two drops of *Bryonia* night and morning, for two or three days, followed by two grains of *Mercurius Sol.*, and *Silicea*, each in the same way, with an interval of a day without medicine between each.

ACCESSORY TREATMENT.—Plenty of pure air and daily exercise, together with a nourishing, generous, and supporting diet. A chronic abscess frequently requires opening by a skilful practitioner.

2.—ACIDITY OF INFANTS.— Regurgitation.

DESCRIPTION OF DISEASE.—Vomiting of food; sometimes followed by phlegm or even bile, and frequently accompanied with greenish diarrhoea and great restlessness.

MEDICINAL TREATMENT.—*Chamomilla* is the most suitable medicine.

DOSE.—Four drops in four teaspoonsful of water, and one teaspoonful given three times a day.

Rheum.—Should be given if *Chamomilla* is not sufficient.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—Change the food and give less in quantity. Give the child plenty of fresh air.

3.—APOPLEXY. (*Apoplexia*).

DESCRIPTION OF DISEASE.—A sudden or gradual cessation of sense and voluntary motion, while respiration, circulation, secretion, and the other functions of organic life continue to be performed, though with more or less disorder. The premonitory symptoms are generally—drowsiness, giddiness, pain in the head, and paralysis. In one form of the disease, the attack is sudden and violent, the patient is struck senseless and motionless instantaneously: he falls down, and lies utterly deprived of all the functions of the animal life. His breathing is slow, deep, and of a snoring character, foam flows from the mouth, and the face is flushed, swollen, or even livid. In other cases, the attack is less violent at the commencement, but gradually increases in severity.

MEDICINAL TREATMENT.—*Belladonna* is the most important remedy, and may be given whilst medical aid is being obtained.

DOSE.—Two drops in a dessertspoonful of water every ten, fifteen, or twenty minutes during the attack.

ACCESSORY TREATMENT.—The patient should be placed in a cool room into which plenty of fresh air is admitted; the head should be raised, the dress loosened, and hot-water bottles, hot flannels, or friction applied to the lower extremities, or the feet should be immersed in hot water. In some cases, cold water, vinegar and water, or pounded ice may be applied to the head with linen rags.

4.—APPETITE, LOSS OF.

(*Anorexia*).

MEDICINAL TREATMENT.—*Bryonia*.—In cases of recent derangement of the stomach with loss of appetite.

DOSE.—Two drops in a dessertspoonful of water every six hours.

China.—Is an excellent remedy in cases of dyspepsia accompanied with great indifference to food.—See under *Chronic Indigestion*.

DOSE.—As *Bryonia*.

Nux Vomica.—If there is constipation and general feeling of heaviness, or if it arises from sedentary habits or late hours.

DOSE.—As *Bryonia*.

Pulsatilla.—If it occurs after eating fat meats, pastry, or rich food, or is attended with loss of taste.

DOSE.—As *Bryonia*.

ACCESSORY TREATMENT.—See under *Chronic Indigestion*.—All stimulants should be avoided. The body should be freely sponged every morning with cold water or salt and water; a glass of cold spring water drank on rising in the morning and repeated two or three times during the day; not much liquid partaken of at meals; moderate exercise taken; and plenty of fresh air enjoyed.

5.—APPETITE, Voracious. (*Bulimy*).

Generally a symptom of impaired digestion or of worm affections.—See *Worms* and *Indigestion*.

6.—ASTHMA.

DESCRIPTION OF DISEASE.—Difficulty of breathing, without fever, occurring at uncertain periods, attended with a suffocating feeling of constriction across the chest, with cough and wheezing respiration. In some cases the cough is dry, and in others attended with expectoration.

MEDICINAL TREATMENT.—*Arsenicum*.—If there are attacks of suffocation with great distress and anxiety, or accompanied with great weakness and cold perspiration.

DOSE.—Two drops in a dessertspoonful of water, every half hour to four hours in severe cases. In chronic cases, to be taken night and morning.

Bryonia.—When there is frequent cough, with pains and soreness in the chest or pains under the ribs.

DOSE.—As *Arsenicum*.

Ipecacuanha.—If there is great tightness about the chest, or rattling in the chest from an accumulation of mucus, also in nocturnal paroxysms of suffocation.

DOSE.—Three drops as *Arsenicum*.

Nux Vomica.—Where *Arsenicum* fails to relieve, and when the asthma is worse after a meal, or there is a short cough with difficult expectoration and oppression in the lower part of the chest, the clothes feeling tight.

DOSE.—As *Arsenicum*, or if a little relief has been obtained, one drop may be taken every six hours.

ACCESSORY TREATMENT.—The patient should sponge the chest daily with cold water, tr

regular exercise in the open air, keep the surface of the body warm, and avoid damp, wet, and easterly winds. A careful diet should be observed—light, nourishing, and easy of digestion—with an absence of stimulants.

DURING THE ASTHMATIC ATTACK.

SYMPTOMS.—A paroxysm of asthma may last from half an hour to two or three hours and may come on without any assignable cause. There is a sense of constriction about the chest and urgent desire for fresh air, the patient elevates his shoulders and labours to draw in his breath, which enters slowly and with a wheezing sound. In severe cases, the face is flushed or livid, and expressive of anxiety, the eyes are prominent, while the skin gets cold and clammy. Exhaustion is frequently felt after a paroxysm, but good health is often enjoyed in the intervals between.

MEDICINAL TREATMENT.—*Ipecacuanha* should be first administered.

DOSE.—Three drops every twenty minutes to half an hour. See under *Arsenicum* in *Asthma*.

Arsenicum.—May be given after three or four doses of *Ipecacuanha*, if relief has not been obtained.

DOSE.—Two drops as *Ipecacuanha*.

ACCESSORY TREATMENT.—Draw the patient near a large fire, and immerse the feet and legs in warm water, and if there is much pain about the chest, foment the part with hot flannels. Friction over the spine with oil or camphorated

oil will frequently benefit; or the paroxysm may often be relieved by a cup of strong Mocha coffee, inhaling the steam from hot water, the fumes from burning brown paper, the vapour of spirits of camphor or ether, or by smoking stramonium leaves or tobacco.

7.—ASTHMA OF CHILDREN.—

Asthma of Millar. (*Asthma Millari*).

DESCRIPTION OF DISEASE.—A disease resembling croup, but distinguished from it by the spasmodic character and suddenness of the attacks, the absence of the fever, and pale urine. The attacks often occur at night without previous warning, and are accompanied by suffocation, anxiety, and difficulty of breathing; hoarseness and deepness of voice. The face is swollen and purple during the attack.

MEDICINAL TREATMENT.—*Arsenicum*.—If there is great oppression and prostration of strength.

DOSE.—Two drops mixed in half a small tumbler of water, and a dessertspoonful given every ten minutes to one hour, according to the severity of the attack.

Ipecacuanha.—If there are symptoms of suffocation, bluish face, and rattling in the chest, or if it is occasioned by indigestible food.

DOSE.—Three drops, as *Arsenicum*.

Sambucus is a specific in most cases.

DOSE.—Three drops, as *Arsenicum*.

ACCESSORY TREATMENT.—Give the child a

warm bath, at 96 deg., or apply hot water to the throat, and heat to the feet and lower extremities.—See *Croup and Colds in Infants*.

8.—BILIOUS ATTACKS.

1.—BILIOUSNESS IN GENERAL.

SYMPTOMS.—Sick headache, vomiting and purging of bile; or nausea; loaded tongue, bitter taste, no appetite, cross humour, &c.

MEDICINAL TREATMENT.—*Bryonia*.—For bilious feelings in hot weather, or when bilious vomiting comes on after drinking.

DOSE.—Two drops in a tablespoonful of water every four hours.

Ipecacuanha.—When there is free and copious vomiting with a headache as if the head was bruised.

DOSE.—As *Bryonia*.

Mercurius Sol.—When there is great drowsiness, yellow complexion, and pains about the liver, or feeling of compression in the head, or with lumpy, hard stool.

DOSE.—Two grains, as *Bryonia*.

Nux Vomica.—If there is great giddiness, with constipated bowels and crampy headache.

DOSE.—As *Bryonia*.

Podophyllum Peltatum.—For offensive breath, foul tongue, and putrid taste in the mouth, with constipation.

DOSE.—Three drops as *Bryonia*.

Pulsatilla.—When the bowels are relaxed and there is chilliness, and the attack has been caused by rich or fat food, pork, &c.

DOSE.—As *Bryonia*.

ACCESSORY TREATMENT.—It is best in most instances to promote vomiting by drinking freely of warm water, or by tickling the back part of the throat with the finger or a feather. While feeling bilious, take but little food, and let it be light and simple; a small quantity of beef tea and dry toast, &c. If of a bilious temperament, drink repeated glasses of cold water, take a cold bath daily, use friction over the stomach and bowels with the flesh brush or coarse towel, eat plenty of fresh vegetables and fruit, and but little pastry or made dishes, and take active exercise in the open air.—See *Indigestion* and *Vomiting*.

2.—BILIOUS COLIC.

SYMPTOMS.—Generally those of a disordered stomach, bitter taste, furred tongue, nausea and vomiting, thirst, severe cutting and twisting pain in the bowels, frequently followed by bilious vomiting and diarrhœa, the evacuations being mixed with bile, after which the symptoms gradually abate.

MEDICINAL TREATMENT.—*Chamomilla*.—If the colic is very painful, with spasmodic, crampy feelings in the bowels, or if they are distended and feel very tender.

DOSE.—Three drops in a little water every quarter of an hour to two hours.

Mercurius Sol.—If there are shooting or violent pinching pains, especially in the centre of the abdomen, with nausea.

DOSE.—Two grains dry on the tongue, repeated every half hour.

Nux Vomica is a valuable medicine to commence with, especially if there are violent cramp-like pains, constipation, or pains and weariness in the thighs.

DOSE.—As *Chamomilla*.

Pulsatilla.—Especially if there are spasmodic or cutting pains, or looseness of the bowels, or shivering.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—Plenty of warm diluting drinks, friction, and hot water applied to the abdomen with flannels. Five drops of the strong tincture of *Camphor* on a lump of sugar every ten minutes or quarter of an hour, will sometimes afford relief when the pain is very severe.

3.—BILIOUS DIARRHŒA.

(Frequently a curative action, which need not be checked).

MEDICINAL TREATMENT.—*Arsenicum*.—If very violent.

DOSE.—Two drops every two or three hours in a dessert-spoonful of water.

Chamomilla.—If the evacuation is like stirred-up eggs and there is much pain.

DOSE.—Three drops as *Arsenicum*.

Mercurius Sol.—In ordinary cases of bilious diarrhœa, the most useful remedy.

DOSE.—Two grains as *Arsenicum*.

Pulsatilla.—If there are watery, green, or bilious slimy stools, arising from indigestion or a disordered stomach.—See under *Diarrhœa* and *Indigestion*.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—Simple warm diluting drinks will frequently prove useful, as barley-water, linseed-tea, thin gruel, &c.

4.—BILIOUS HEADACHE.—SICK HEADACHE.

SYMPTOMS.—Nausea, swimming in the head, or violent aching pain, not unfrequently coming on in the morning and continuing (unless arrested by medicine) until relieved at night by sleep. It occurs to persons of delicate digestion who give too close attention to business, or are excessively fatigued, worried, or anxious.

MEDICINAL TREATMENT.—*Iris Versicolor*.—When severe and attended by vomiting of acid, bitter, bilious matters, and diarrhœa.

DOSE.—Two drops every two hours in a dessertspoonful of water.

Ipecacuanha.—If there is great nausea and vomiting, and a bruised feeling in the head.

DOSE.—Three drops as *Iris*.

Nux Vomica.—When the pains are as though a nail was being driven into the head ; or there

2.—SMALL BOILS.

MEDICINAL TREATMENT.—*Arnica* is the best remedy.

DOSE.—Two drops every six hours in a dessertspoonful of water.

Sulphur.—Should be taken if *Arnica* is not sufficient.

DOSE.—Two grains night and morning dry on the tongue.

ACCESSORY TREATMENT.—Touching the boils frequently with diluted tincture of *Arnica* or spirits of wine will often disperse them.

3.—AGAINST A DISPOSITION TO BOILS.

MEDICINAL TREATMENT.—*Sulphur* should be taken.

DOSE.—Two grains, followed by a mouthful of water, every night.

DIET.—Be careful with diet, avoid salt meats, acids, and spirits.

10.—BREATH, OFFENSIVE.

1.—OFFENSIVE BREATH, FROM DERANGEMENT OF THE STOMACH.

MEDICINAL TREATMENT.—*Nux Vomica* may be first given, especially if the offensiveness is of frequent occurrence, and is worse after a meal or in the morning.

DOSE.—Two drops in a dessertspoonful of water three times a day, as required—a teaspoonful for a child.

Podophyllum.—If accompanied by biliousness, foul tongue and putrid taste in the mouth, with constipation.

DOSE.—Three drops as *Nux Vomica*.

Pulsatilla is frequently suitable after *Nux*, or if the ailment occurs from slight gastric disturbance, or is principally noticed towards night.

DOSE.—As *Nux Vomica*.

Sulphur may be found useful in cases of long continuance.

DOSE.—Two grains night and morning in a little water.

ACCESSORY TREATMENT.—See under *Indigestion*.

2.—OFFENSIVE BREATH FROM DISEASED GUMS.

MEDICINAL TREATMENT.—*Mercurius Sol.* is generally specific.—See under *Scurvy of the Gums*.

DOSE.—Two grains, followed by a mouthful of water. three times a day.

ACCESSORY TREATMENT.—Rinse the gums with a solution of *Arnica* (one teaspoonful of the tincture to twelve of water) once a day, and with tepid water twice a day, and keep the mouth scrupulously clean.

3.—OFFENSIVE BREATH FROM MERCURIAL SALIVATION.

MEDICINAL TREATMENT.—*Carbo Vegetabilis* should be first administered.

DOSE.—Two grains as *Mercurius Sol.*

Hepar.—If *Carbo Veg.* does not produce the desired effect.

DOSE.—As *Carbo. Veg.*

ACCESSORY TREATMENT.—The use of charcoal as a dentifrice will be found beneficial if the gums are not too tender, carefully rinsing the mouth out afterwards with tepid water.

II.—BRONCHITIS.—Inflammation of the Bronchial Tubes.

DESCRIPTION OF DISEASE.—Inflammation of the tubes which convey air to the lungs. There is usually fever, constant and violent irritation, cough, hoarseness, uneasiness of breathing, oppressed and anxious wheezing, whistling or rattling respiration. The cough is generally dry at first, followed by expectoration of frothy, thick, or blood-streaked mucus.

(Acute and Chronic Bronchitis require the aid of an experienced physician).

MEDICINAL TREATMENT.—*Aconitum* must be employed during the inflammatory stage when there is fever and short dry cough with constant irritation.

DOSE.—Two drops every three or four hours in a dessertspoonful of water.

Bryonia.—When there are stitches in the side, or pains in the head, on coughing.

DOSE.—As *Aconitum*.

Hepar.—See *Spongia.*—Is especially useful when the *mucous* rattle is predominant, the skin

hot and dry, and the efforts to expectorate are ineffectual.

DOSE.— See under *Spongia*.

Phosphorus.—If there are pains in the chest or throat, great hoarseness, or a dry cough from tickling in the throat.

DOSE.—As *Aconitum*.

Spongia.—If there is much hoarseness, with hollow, barking, dry cough, wheezing breathing, or burning in the chest. It is frequently useful after the previous use of *Aconitum* in alternation with *Hepar*.

DOSE.—As *Aconitum*, or alternately with two grains of *Hepar*, every four hours as required.

ACCESSORY TREATMENT.—The patient's room should be well ventilated, but not draughty or cold. Hot fomentations will frequently relieve, or brandy and oil, or camphorated oil may be well rubbed in over the chest and between the shoulders. As a preventive, the free, daily external use of cold water is highly beneficial. The patient should partake of mucilaginous drinks, gum-water, barley-gruel, simple jellies, and the like.—See *Cough*.

12—BRUISES AND CONTUSIONS.

TREATMENT.—*Arnica* is the most valuable remedy, and should be frequently applied to the injured part by means of a linen rag dipped in a lotion composed of one teaspoonful of tincture of *Arnica*; mixed with four tablepoons-

ful of water. If the skin is broken, the lotion must be prepared with double the quantity of water. The part should be kept at rest and the lotion applied as long as pain and swelling last. The discolouration arising from a blow may be, in most cases, prevented by the early use of *Arnica*.

13.—BUNIONS.

DESCRIPTION OF AILMENT.—Inflammation and enlargement on the joint of the great or little toe.

MEDICINAL TREATMENT.—*Silicea* is an efficacious remedy.

DOSE.—Two grains dry on the tongue, once a day for a week, then wait three days and repeat.

ACCESSORY TREATMENT.—The application of *Arnica* or *Rhus* lotions (one teaspoonful of the tincture to four or five tablespoonsful of water) by means of a linen bandage over the part, especially if there is much inflammation and pain. All pressure must be avoided. An *Arnica* bunion plaster may be applied to the enlargement.

In some cases it may be necessary to paint the bunion with Iodine.

14.—BURNS OR SCALDS. (*Ambustiones*)

TREATMENT.—(1.) Cover the burn immediately with cotton wool, to exclude the air ; or for the

same object (2), cover with linen rags, or cotton wool saturated with olive oil ; or (3), powder the wound plentifully with flour, keeping it well covered by new applications if necessary ; or (4), cover the whole with a plaster of soap, made by scraping white curd soap, and working it into a salve with tepid water, and spreading it upon linen or muslin. Slight or superficial burns or scalds may be relieved by holding the part to the fire, or by applying spirits of turpentine, brandy, or spirits of wine to them. In dressing burns, puncture the blisters and remove the old skin, but expose the wound as little as possible to the action of the air ; do not dress oftener than once a day, and do not disturb the parts by washing them. The exclusion of the air from the part affected is of the utmost consequence, and it is best to apply that dressing which can be obtained the quickest.

Carbolized Oil, (a solution of pure Carbolic Acid in Olive Oil) is an excellent application, and should be substituted for plain olive oil when obtainable.

15.—CATARRHAL FEVER —Common Cold in the Head and Chest.

DESCRIPTION OF DISORDER.—Slight fever followed by a profuse mucous discharge from the head and chest, the head feels stuffed, the nostrils are obstructed, there is frequent sneezing, watering of the eyes, and often sore throat and cough.

MEDICINAL TREATMENT.—*Aconitum*.—When there is much fever, with a dry and hot skin, and short breathing. This medicine should always be given at the commencement of a cold, when it will often cut it short.*

DOSE.—Two drops in a dessertspoonful of water every four hours—a teaspoonful for a child.

Arsenicum.—If there is a profuse discharge of watery mucus from the nose, or if there is great prostration of strength, or relief is obtained from warmth.

DOSE.—As *Aconitum*, repeated every six hours.

Chamomilla.—When there is hoarseness with rattling of mucus in the wind-pipe, the place from which the mucus has been detached feels sore ; or if there is shivering with internal heat.

DOSE.—As *Arsenicum*.

Kali Iodidum.—For profuse, thick discharge from the nose without excoriation, accompanied by inflamed eyelids.

DOSE.—Three drops as *Aconitum*.

Mercurius Sol.—If there is much sneezing with profuse discharge of mucus from the nose with soreness, or hoarseness, and tendency to perspiration.

DOSE.—Two grains as *Arsenicum*.

Nux Vomica.—When there is stoppage or

* Hayward on "Taking Cold" (*The cause of half our diseases*).

stiffness of the nose, with heaviness of the head, and general aching in the limbs.

DOSE.—As *Arsenicum*.

Phosphorus.—If there is violent catarrh with great hoarseness, pains in the chest and cough.—See under *Cough*.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—The most effectual means of relief is good nursing in a moderately warm and equable temperature—a warm bath, or immersing the feet in hot water, and promoting perspiration by a hot bed and warm drinks. Animal food and stimulating drinks must be abstained from. If there is a liability to catch cold, do not at once when coming from the cold air, endeavour to get warm by approaching a hot fire, but do so by degrees. Use plenty of cold water daily, over the chest, shoulders, throat, and neck, sponging freely for two or three minutes, and applying a rough towel or flesh brush afterwards until well warmed.—See *Cold in the Head, Cough, Influenza, and Causes of Disease*, in the Introduction.

16.—CHICKEN-POX. (*Varicella*.)

DESCRIPTION OF DISEASE.—A pustulous eruption resembling Small-pox, but much milder in its character, and shorter in the duration of its stages. The fever is generally slight, the eruption appears twenty-four hours after the commencement of the disorder, and disappears on the

fourth or fifth day. It is distinguished by the pimples not being depressed in the centre, by the irregularity of their occurrence, and by the absence of the odour peculiar to Small-pox. The eruption commences upon the back.

MEDICINAL TREATMENT.—*Aconitum*.—If there is much fever.

DOSE.—Four drops to be mixed with four dessert-spoonsful of water ; a dessertspoonful to be taken every two or three hours.

Belladonna.—If the brain is affected, or there is much heat or pain in the head.

DOSE.—As *Aconitum*, or may be given in alternation with that remedy every three hours.

Mercurius.—Where there is much itching.

DOSE.—Two grains as *Aconitum*.

Pulsatilla.—If the eruption is slow in its development, or there are gastric symptoms.

DOSE.—As *Aconitum*, taken three or fourtimes a day.

ACCESSORY TREATMENT.—The patient should be kept cool in a quiet and well-ventilated room until the fever has left him. He may be sponged down frequently with tepid water, and his diet must be light at first, gradually becoming more nourishing.

17.—CHILBLAINS. (*Perniones*).

DESCRIPTION OF AILMENT.—A peculiar local inflammation of the skin, chiefly of the toes,

heels, and fingers, attended with redness, swelling, and a sense of itching often quite intolerable, and excited by cold, and more especially cold applied after the part has been previously much heated.

MEDICINAL TREATMENT.—*Pulsatilla* may be given if there is much inflammation.

DOSE.—Two drops in a dessertspoonful of water three times a day.

EXTERNAL TREATMENT.—If in an *inflamed unbroken state*, the best applications are (1), one teaspoonful of strong tincture of Cantharides to six teaspoonsful of Camphor liniment (equal parts of soap and strong spirits of wine with a little camphor dissolved in it); (2), salt and water—a strong brine; (3), snow or ice, or ice-cold water; (4), one teaspoonful of tincture of *Arnica* to eight of soap liniment or spirits of wine; (5), the strong tincture of *Tamus Communis* freely applied with a camel's hair brush; or (6), hot bran in which the feet may be immersed. Either of these applications well rubbed in or applied two or three times a day will generally remove these troublesome companions. If in a *broken condition*, dress with *Calendula Cerate*, or a lotion composed of one teaspoonful of tincture of *Calendula* mixed with two tablespoonsful of water, and applied on linen rags; or an excellent way of treating indolent broken chilblains, is to powder them over with flour, as mentioned under *Burns*.

18.—CHOLERINE (the Diarrhœa preceding Cholera).

DESCRIPTION OF DISEASE.—Looseness of the bowels occurring during a cholera epidemic, attended with rumbling in the bowels and a general feeling of prostration or uneasiness.

MEDICINAL TREATMENT.—*Camphor* (the strong saturated solution) should be first administered.

DOSE.—Five drops on a small lump of sugar every seven or ten minutes until a sense of warmth is felt, or until four or five doses have been taken.

Arsenicum—Is the most suitable medicine after the *Camphor*.

DOSE.—Two drops in a little cold water every hour or two, or after each stool.

ACCESSORY TREATMENT.—The patient should be placed in a warm bed and be well covered, having hot bottles applied to the feet, legs, and abdomen, and remaining as quiet as possible until a sense of warmth is felt. A little brandy and water should be given at intervals of from twenty minutes to half-an-hour.

19.—COLD IN THE HEAD. (*Coryza*).

DESCRIPTION OF AILMENT.—Irritation and inflammation of the mucous membrane of the nose and eyes. The head feels stuffed and heavy, particularly over the eyes and about the root of the nose, an increased discharge issues from the

nose causing soreness and excoriation, and there is sneezing, watering of the eyes, sore throat, &c.

Cold in the head, or catarrh, is generally a mild ailment, but, if occurring in aged persons, in those predisposed to consumption, or in those who are asthmatic, or who have suffered from bronchitis, pleurisy, or pneumonia, it may be very serious; a neglected cold is said to be the cause of half our diseases in the form of bronchitis, quinsy, erysipelas, rheumatism, neuralgia, inflammation of the lungs, consumption, &c. *

1.—FOR THE INCIPIENT STAGE.

MEDICINAL TREATMENT.—*Camphor* and *Aconitum*.—See *Causes of Disease*, page 21; also, *Preventive Treatment*.

2.—DRY COLD IN THE HEAD.

MEDICINAL TREATMENT.—*Nux Vomica*.—When there is suppression of discharge, with stoppage of nose and heaviness in the forehead.

DOSE.—Two drops in a dessertspoonful of water every two to four hours, according to the severity of the symptoms—a teaspoonful may be given to a child.

3.—FLUENT COLD IN THE HEAD.

MEDICINAL TREATMENT.—*Arsenicum*.—If there is a profuse watery discharge from the nose, sometimes with soreness of the nose, and if relief is obtained from warmth.—See under *Influenza*.

DOSE.—As *Nux Vomica*.

* *Taking Cold, (The cause of half our diseases) its nature, causes, prevention and cure*, by Dr. J. W. Hayward.

Hydrastis.—When thick discharge from the nostrils or respiratory passages continues after the inflammatory symptoms have subsided.

Dose.—As *Nux Vomica*.

Kali Iodidum.—For profuse, thick discharge from the nose without excoriation, and accompanied by inflamed eyelids.

Dose.—Three drops as *Nux Vomica*.

Mercurius Sol.—In most cases of ordinary cold in the head, when there is a copious discharge of mucus from the nose, and frequent sneezing.

Dose.—Two grains every four or six hours.

Pulsatilla.—In cases where there is much thick or offensive discharge from the nose, or where there is complete loss of taste and smell.

Dose.—Two drops in a little water—repeat as *Mercurius Sol*.

ACCESSORY TREATMENT.—See under *Catarrhal Fever*.—Good nursing and promoting perspiration are the best means of getting rid of a cold. Systematic cold bathing and sponging are required to get rid of a tendency to colds in the head.—See *Catarrhal Fever, Cough, Influenza*, and *Causes of Disease*, in the introduction.

PREVENTIVE TREATMENT.—*Camphor* (the strong saturated solution), if taken on the first indications of a cold in the head will generally prevent its development.

Dose.—Five drops (two for a child) on a small lump

of sugar every half hour for three or four doses ; afterwards, three times a day, if required.

20.—COLDS OF INFANTS.—Snuffles.

DESCRIPTION OF AILMENT.—Slight febrile excitement, sneezing, obstruction of the nose, wheezing and difficulty in taking the breast, followed by discharge of mucus from the nose with excoriation and watering of the eyes.

MEDICINAL TREATMENT. — *Chamomilla*. -- When there is a watery discharge from the nose.

DOSE.—Four drops to be mixed with four teaspoonsful of water and one teaspoonful to be given every four or six hours.

Nux Vomica.—If there is dry stoppage of the nose.

DOSE—As *Chamomilla*.

Sambucus.—If *Nux* is not sufficient, and there is much obstruction of the nose.

DOSE—As *Chamomilla*.

ACCESSORY TREATMENT.—A warm bath at 96 degrees before going to bed, or placing the feet in warm water will generally relieve; and if there is much stuffiness, the bridge of the nose may be rubbed with a little simple spermaceti ointment or sweet oil. Children should not be accustomed to hot rooms, but taken into the open air freely, care being taken that their feet are kept dry and warm.

21.—COLIC. (*Colica* ; *enteralgia*).

DESCRIPTION OF DISEASE.—Griping ; severe pains in the abdomen, occurring in paroxysms, relieved by pressure, and attended generally with constipation, flatulence, sickness, or vomiting.

BILIOUS COLIC.—See *Colic*, under *Bilious Attacks*.

1.—COLIC FROM A CHILL OR COLD.

MEDICINAL TREATMENT.—*Chamomilla* is a valuable medicine in colic from a chill, especially if it arises from a slight degree of cold and there are violent pains with much restlessness.

DOSE.—Two drops in a dessertspoonful of water every half hour to two or four hours, according to the severity of the attack.

Colocynthis.—If the pains are very violent and of a griping or cutting character.

DOSE.—As *Chamomilla*.

Nux Vomica.—If the pains are cramp-like, pinching, or spasmodic.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—A hot bath for eight or ten minutes, and promoting perspiration by hot drinks.—See under *Spasmodic Colic*.—Also holding the soles of the feet to a hot fire until the body is thoroughly warm. The feet should be kept dry and warm, and flannel worn over the bowels.

COLIC WITH DIARRHŒA. — See under *Diarrhœa*.

2.—FLATULENT COLIC.

SYMPTOMS.—Acute pain in the bowels with occasional partial remissions, an occasional rumbling sensation, distension from wind or spasmodic contractions, or both at the same time, relieved by pressure and the expulsion of wind.

MEDICINAL TREATMENT.—*China*.—If it arises from eating flatulent food, and there is much flatulence, or great distension and fulness in the abdomen.

DOSE.—Three drops in a little water every half hour to three or four hours, according to the symptoms.

Cocculus.—See under *Spasmodic Colic*.

Nux Vomica.—When there is griping with flatulence and distention, or much rumbling in the abdomen, and is frequently a useful remedy to begin with.

DOSE.—Two drops as *China*.

Pulsatilla.—If the colic is oppressive with much rumbling and fermentation in the abdomen, or with disagreeable distension and tightness, and if the pain is worse on lying down or sitting.

DOSE.—Two drops as *China*.

ACCESSORY TREATMENT.—A small quantity of good brandy, or a few drops of essence of ginger on lump sugar, will frequently relieve. Friction over the abdomen should be had recourse to, and care should be taken to avoid all foods likely to produce the ailment, as acidulated drinks, raw vegetables, &c.—See *Flatulence*.

3.—COLIC OF INFANTS.

SYMPTOMS.—Crying; the legs are bent towards the stomach, writhing, the body is twisted, and the infant cannot suck in a recumbent position. The pain is relieved by pressure.

MEDICINAL TREATMENT.—*Belladonna*.—If the face is pale.

DOSE.—Four drops to be mixed in four teaspoonsful of water, and one teaspoonful given every half hour or hour until relieved.

Chamomilla.—If the legs are drawn up and the face is red.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—Give a warm bath, or apply flannels dipped in hot water to the bowels, and keep the child warm and dry.

4.—INFLAMMATORY COLIC.

MEDICINAL TREATMENT.—*Aconitum*. — If there is much fever with violent cramp-pains, and great sensitiveness of the abdomen.

DOSE.—Two drops in a dessertspoonful of water every half hour to two hours.

Mercurius Sol.—If there are shooting or violent contracting pains, especially around the navel, with much tenderness of the abdomen.

DOSE.—Two grains repeated as *Aconitum*.

Nux Vomica.—If the abdomen is very sensitive to pressure or contact, and feels raw and sore.—See under *Colic from a Chill*.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—Heat must be applied

in the form of hot cloths, if a warm bath cannot be borne; or spongio-piline dipped into hot water and laid over the abdomen. Hot bottles must be placed in the bed down the sides of the patient and at his feet.—See under *Spasmodic Colic*.

COLIC AFTER OR DURING A MEAL.—See *Indigestion*.

5.—MENSTRUAL COLIC.

SYMPTOMS.—Violent pains in the abdomen, cramps, bearing-down pains which may be so violent as to induce fainting, frequently attendant upon the appearance of the menstrual discharge.

MEDICINAL TREATMENT.—*Chamomilla* may be given if the pains resemble labour-pains with pressure from the small of the back, or if the abdomen is very sensitive to the touch.

DOSE.—Two drops in a dessertspoonful of water every half hour to one or two hours, until the pain ceases.

Cimicifuga is a good medicine in most cases, particularly if aching in the limbs accompany the pains.

DOSE.—As *Chamomilla*.

Cocculus.—If there are spasms with nausea or faintness, or with pressive pains and spasms in the chest.

DOSE.—As *Chamomilla*.

Pulsatilla is a valuable remedy in many cases

of menstrual colic, especially when it is caused by wet or cold.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—See under *Painful Menstruation*.—The application of heat to the feet or stomach.

6.—COLIC DURING PREGNANCY.

SYMPTOMS.—Colic or spasms from flatulent distension of the bowels, or from a chill, is apt to occur during the first months of pregnancy.

MEDICINAL TREATMENT.—*Chamomilla* may be first administered, especially if it arises from a chill.

DOSE.—Two drops in a dessertspoonful of water every half hour to three or four hours.

Nux Vomica.—If *Chamomilla* does not relieve, or if the pains are of a griping or cramp-like character, and the bowels are very costive.

DOSE.—As *Chamomilla*.

Pulsatilla.—If the pains are worse on sitting or lying down, or with disagreeable tension in the abdomen.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—See under *Menstrual Colic*, *Colic from a Chill*, and *Pregnancy*.

7.—SPASMODIC COLIC.

MEDICINAL TREATMENT.—*Belladonna*.—If there is violent colic like a clutching, or as if the bowels were grasped with the nails.

DOSE.—Two drops in a dessertspoonful of water every half hour to three or four hours.

Cocculus.—If there are cramp-like spasmodic pains and much flatulency, or violent pains relieved by emission of wind.

DOSE.—As *Belladonna*.

Colocynthis.—In very violent, griping or cutting pains, sometimes with great tenderness or bruised feeling in the abdomen: the pains almost oblige one to bend double.

DOSE.—As *Belladonna*.

Nux Vomica.—If there is much constipation with cramp-like pains, or much griping and flatulence.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—A warm bath at 98 or 100 degrees should be taken, or warm fomentations applied over the bowels. In all severe colics the patient should take a warm bath; or, being seated in a bath with warm water up to the stomach, should be covered with blankets and steamed for ten or twelve minutes, then to be quickly wiped down and laid between warm blankets and covered with plenty of clothes, maintaining the heat with bottles filled with hot water to the feet, or with spongio-piline dipped in hot water and applied to the abdomen. In general a profuse perspiration is produced, which relieves the patient.

8.—COLIC ARISING FROM WORMS.

MEDICINAL TREATMENT.—*Cina* and *Mercurius Sol.* are the best medicines.—See under *Worms*.

22.—CONSTIPATION.—Costiveness.

DESCRIPTION OF DISORDER.—Stools less frequent than natural, with hard excrement and difficult evacuation, generally a mere symptom characterizing a more general disease and frequently resulting from sedentary habits, indigestible food, the use of aperients, inaction of the liver, or weakness of the bowels caused by a general derangement of the digestive organs.

1.—CONSTIPATION IN GENERAL.

MEDICINAL TREATMENT.—*Bryonia* is useful in cases arising from a sedentary life, or occurring in warm weather, or in rheumatic persons; or when occasioned by a disordered stomach, with chilliness and headache.

DOSE.—Two drops in a tablespoonful of water every night and morning—a dessertspoonful for a child.

Collinsonia.—When associated with obstinate and chronic piles.

DOSE.—As *Bryonia*.

Hydrastis is a most valuable remedy in simple cases, or when accompanied by piles.

DOSE.—Two drops as *Bryonia*.

Mercurius Sol.—If there is a bitter taste in the mouth, but no loss of appetite, or if the evacuations are lumpy, or are passed in one solid ball, dark-coloured, dry, or covered with mucus.

DOSE.—Two grains followed by a mouthful of water, three times a day.

Nux Vomica is one of the most important medicines in constipation either recent or

chronic, arising from a sedentary life, dissipation, derangement of the stomach, too hearty meals, &c.; especially if there is an ineffectual desire to evacuate the bowels.

DOSE.—As *Bryonia*, or may be advantageously alternated with *Sulphur*—*Nux* at night, *Sulphur* in the morning.

Opium.—In cases of sudden constipation from inactivity of the bowels, torpor, or a want of nervous energy.

DOSE.—As *Bryonia*, or may be taken three times a day.

Podophyllum.—With hard, dry, difficult stools, offensive breath and other bilious symptoms. See *Biliousness in general*.

DOSE.—Three drops as *Bryonia*.

Sulphur.—In most cases of constipation, either alone or taken in alternation with one of the above medicines.

DOSE.—Two grains repeated as *Nux Vomica*.

ACCESSORY TREATMENT.—The bowels should be solicited at a regular time every day, even if there is no action; active exercise must be taken in the open air, and daily friction used over the stomach and bowels with the hand or flesh brush. A cold bath, either sitz or shower, or pouring cold water over the abdomen, should be used every morning, together with the employment of a coarse towel or flesh glove.

DIET.—A change of diet will generally prove beneficial, and care must be taken not to eat too much at a meal, and to let what is partaken of

be simple, easy of digestion, and consisting more of vegetable than animal food—brown bread, barley bread, wholesome ripe fruit, baked pears or apples; avoiding salted meats, cheese, rice, highly-seasoned dishes, and the like. Cold spring water should be freely partaken of on rising in the morning, and between each meal, but very little liquid should be taken at meals.—See *Indigestion*.

2.—CHRONIC CONSTIPATION.

MEDICINAL TREATMENT.—*Calcarea Carb.* may be used after *Nux* and *Sulphur*, if no effect has been produced.

DOSE.—Two grains once or twice a day, dry on the tongue.

Nux Vomica.—See *Constipation in General*.

Sulphur.—In most cases of habitual costiveness.

DOSE.—Two grains in a dessertspoonful of water once or twice a day, or alternately with *Nux Vomica*.

ACCESSORY TREATMENT.—See under *Constipation in General*.—The means to relieve should be persevered in as long as possible without having recourse to purgative medicines; and if the costiveness produces much inconvenience, it is best to administer injections of warm water or thin gruel.

3.—CONSTIPATION OF INFANTS.

(Constipation in infants is frequently dependent upon the mother or nurse, and may be cor-

rected by an alteration in her diet; or it may arise from the too early use of meat and solid food).

MEDICINAL TREATMENT.—*Bryonia*.—When the stool is hard and tough, or large-sized and passed with difficulty.

DOSE.—Four drops mixed with four teaspoonsful of water and a teaspoonful given night and morning.

Nux Vomica.—If it arises from great inactivity of the bowels, or there is anxious ineffectual urging to stool.

DOSE.—As *Bryonia*.

Opium.—In cases of sudden constipation, or if arising from torpor or inactivity of the bowels.

DOSE.—As *Bryonia*, or repeated every four hours.

ACCESSORY TREATMENT.—A complete and frequent change of food, and using more water in the preparation of it, together with daily friction over the abdomen, will generally remove this condition.

4.—CONSTIPATION DURING PREGNANCY.

SYMPTOMS.—Constipation is almost a natural consequence of pregnancy, especially towards the end of the time, but if it continues too long, the appetite is lost, digestion becomes difficult, restlessness and sleeplessness occur, and danger may be experienced from the straining during stool.

MEDICINAL TREATMENT.—*Bryonia* may be employed after *Nux*, if that remedy is not sufficient.

DOSE.—Two drops in a tablespoonful of water every six hours.

Nux. Vomica.—Should be first administered.

DOSE.—As *Bryonia*.

Opium.—Is in some cases useful.—See under *Constipation in General*.

Sepia is a most valuable remedy in constipation during pregnancy, and will frequently succeed in removing it when the other medicines fail.

DOSE.—Two grains repeated as *Bryonia*

ACCESSORY TREATMENT.—A change of diet, more vegetables and fruit, exercise in the open air, and plenty of fresh water after rising in the morning, and two or three times during the day, are generally sufficient to bring about a cure.—See *Pregnancy*.

5.—CONSTIPATION DURING TEETHING.

MEDICINAL TREATMENT.—*Bryonia* and *Nux Vomica* should be given in the same way as stated under *Constipation of Infants*.

ACCESSORY TREATMENT.—See under *Constipation of Infants*.

23.—CONVULSIONS.—FITS.—SPASMS.

DESCRIPTION OF DISORDER.—Loud screaming, universal trembling, rolling of the eyes, or a fixed or vacant look, the body stiff, or convulsive movements of some of the limbs or muscles.

Convulsions may attack children of all ages, and are almost always attended with more or less danger.

1.—CONVULSIONS CAUSED BY A DISORDERED STOMACH.

MEDICINAL TREATMENT.—*Chamomilla*.—If there is much acidity of the stomach.

DOSE.—Four drops to be mixed in four teaspoonfuls of water, and one teaspoonful to be given every ten minutes to a quarter of an hour during a paroxysm, gradually increasing the intervals to one hour.

Ipecacuanha.—If occasioned by indigestible food, or overloading the stomach ; or if there is nausea, vomiting, or diarrhœa.

DOSE.—As *Chamomilla*.

Nux Vomica may be first administered in most cases.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—Endeavour instantly to promote vomiting by giving warm water to drink, or by irritating the back part of the throat with the finger or a feather.

2.—CONVULSIONS CAUSED BY MENTAL EMOTIONS.

MEDICINAL TREATMENT.—*Chamomilla*.—If caused by anger or passion.

DOSE.—See *Chamomilla* under *Convulsions caused by a Disordered Stomach*.

Opium.—If caused by fright.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—The warm bath. (See *Convulsions from Teething*).—The free sprinkling of cold water over the face and head, the application of smelling-salts or spirits of hartshorn to the nostrils, or rubbing the hands and feet with spirits of wine or Eau de Cologne.

3.—CONVULSIONS FROM TEETHING.

MEDICINAL TREATMENT.—*Belladonna*.—If there is a comatose condition, with dilated pupils of the eyes.

DOSE.—As *Chamomilla* under *Convulsions caused by a Disordered Stomach*.

Chamomilla.—If there is involuntary movement of the head, great restlessness, and jerking of the limbs.

DOSE.—As *Belladonna*.

Ignatia is the most valuable remedy at the commencement of the treatment.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—The child should at once be placed in a warm bath, at about 96 degrees, and kept there for five or ten minutes or until the severity of the paroxysm is broken. A cold wet cloth should be wrapped round the head, and frequently renewed as it becomes warm. He should then be wrapped in heated flannel ; or if the convulsions continue, the legs and feet should be placed in warm water, and at the same time a stream of cold water poured upon the crown of the head. This treatment may be repeated if necessary. The soles of the feet may be smartly slapped, and care should be taken not

to let the head hang back or lean forward upon the chest ; fresh air should be admitted, and all froth removed from the mouth which should be kept open. Having the gums well lanced will often at once relieve. Plenty of fresh air, exercise, and attention to diet will generally do much in preventing convulsions.

4.—CONVULSIONS CAUSED BY WORMS.

MEDICINAL TREATMENT.—*Cina* and *Ignatia* are the two most useful medicines, and may be given in alternation.—See *Worms*.

24.—CORNES. (*Clavi pedis*).

TREATMENT.—All pressure must be removed from the part and broad-toed shoes worn, and the leather of which the shoes are composed should be soft and pliant. The application of a drop of strong acetic acid to the corn night and morning (taking care not to injure the surrounding skin) for a few days, will frequently remove it. After the acid has been applied for about a week or ten days, the foot should be soaked in hot water, and the scales of the corn removed with the finger nail. An *Arnica* lotion (one teaspoonful of the tincture to four tablespoonsful of water) will generally prove a relief when the corn is very tender ; also a small water bandage perseveringly applied, or a warm poultice : skilful cutting by an experienced hand is also recommended. The best protection to a corn is a piece of very thick soft wash leather (not one

of the common plasters) carefully cut and pared to exactly fit the corn, with a hole in the centre. This, if nicely done, will last for months, and the longer it is worn the better protection and fit it will become. It can be removed at night and applied every morning with a little moisture.

25.—COUGH. (*Tussis*).

DESCRIPTION OF DISORDER.—Sudden expulsion of air from the lungs, accompanied with more or less noise. It may be either dry or with expectoration, and may exist alone or accompany some disorder of the lungs or air passages, as Hooping Cough, Bronchitis, &c., or be produced by Indigestion, or when of a short, dry character, with sneezing, may mark the first stage of Influenza, or be the precursor of Measles and other eruptive diseases, &c.

1.—DRY COUGH.

MEDICINAL TREATMENT.—*Belladonna*.—If the cough is violent and spasmodic, or almost without intermission, or if it is renewed by the least movement.

DOSE.—Two drops in a dessertspoonful of water every two to four or six hours according to the severity of the cough— a teaspoonful may be given to a child.

Bryonia.—If there are stitches or pains in the side or head on coughing, or the cough is spasmodic or suffocating.

DOSE.—As *Belladonna*.

Ipecacuanha.—If there is a suffocating feeling as from accumulation of mucus.

DOSE.—As *Belladonna*.

Nux Vomica.—When there is an accumulation of tenacious mucus in the throat which will not be detached, or if there is a feeling of rawness in the throat, or bruised feeling in the stomach on coughing, or if the cough is rough, dry, and deep.

DOSE.—As *Belladonna*.

Phosphorus.—When the cough arises from tickling in the throat, or if there are stitches in the throat, or pains or soreness in the chest.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—Simple demulcent or mucilaginous drinks, as linseed-tea, either alone or sweetened and with liquorice dissolved in it; preparations of gum arabic dissolved in barley water ($\frac{1}{4}$ oz. to a pint), with half an ounce of sugar and the same of sweet almonds pounded, the whole to be rubbed together and strained; black currant jam or jelly with hot water poured over them, or honey and treacle mixed together and a little vinegar added, or the various preparations of liquorice. The application of warm water to the chest will frequently relieve. The best means of preventing cough and cold are to sponge freely the chest and shoulders with cold water daily, rubbing them afterwards with a rough towel, and if otherwise strong, to avoid too much clothing, too hot

rooms, and to enjoy plenty of fresh air.—See *Bronchitis* and *Catarrhal Fever*.

2.—COUGH WITH EXPECTORATION.

MEDICINAL TREATMENT.—*Antimonium Tart.*
—With sense of oppression in the chest, short, difficult breathing relieved by expectoration.

DOSE.—Two grains every four or six hours.

Arsenicum.—If there is acrid, bitter, frothy, difficult, mucous or salty expectoration.

DOSE.—Two drops in a dessertspoonful of water every four or six hours—a teaspoonful for a child.

Mercurius Sol.—If the expectoration is of an acrid or watery character.

DOSE.—Two grains repeated as *Arsenicum*.

Phosphorus.—If there is frothy, mucous, purulent, sour, or sweetish expectoration.

DOSE.—As *Arsenicum*.

Pulsatilla.—If there is disgusting, frothy, mucous, thick or profuse expectoration.

DOSE.—As *Arsenicum*.

Sulphur.—In chronic cases, or where the expectoration is thick or profuse.

DOSE.—As *Mercurius*, or in chronic cases, to be repeated night and morning.

ACCESSORY TREATMENT.—See under *Dry Cough*.—Warm water to the chest, and steaming the throat will sometimes relieve.

3.—COUGH WITH HOARSENESS.

MEDICINAL TREATMENT.—*Mercurius Sol.*—In simple catarrhal coughs with hoarseness.

DOSE.—Two grains every six hours.

Phosphorus.—In more severe cases than *Mercurius Sol.*, where there is great hoarseness and violent cough, or where there is much pain in the chest with the cough.

DOSE.—Two drops in a dessertspoonful of water every four hours.

Spongia.—When there is cough and cold with hoarseness, and when *Mercurius Sol.* does not seem to relieve.

DOSE.—Two drops in a dessertspoonful of water every six hours.

ACCESSORY TREATMENT.—See under *Dry Cough*.—A wet bandage round the throat will give relief.—See *Hoarseness*.

4.—COUGH WITH PAINS OR SORENESS IN THE CHEST OR SIDE.

MEDICINAL TREATMENT.—*Bryonia.*—If there are stitches in the side, or soreness in the pit of the stomach when coughing.

DOSE.—As *Belladonna* under *Dry Cough*.

Phosphorus.—If there is great soreness in the chest on coughing.

DOSE.—As *Bryonia*.

Sulphur.—In chronic cases, especially when

there is pain in the chest or a sensation of rawness.

DOSE.—Two grains repeated night and morning.

ACCESSORY TREATMENT.—See under *Dry Cough*.

5.—COUGH WITH PAINS IN THE HEAD.

MEDICINAL TREATMENT.—*Bryonia*.—If there is the sensation when coughing as if the head and chest would split.

DOSE.—As *Belladonna* under *Dry Cough*.

Nux Vomica.—When there is violent headache during coughing.

DOSE.—As *Bryonia*.

ACCESSORY TREATMENT.—See under *Dry Cough*.

6.—STOMACH COUGH.

MEDICINAL TREATMENT.—*Bryonia*.—If the cough comes on after eating and drinking, and is of a spasmodic character.

DOSE.—Two drops in a dessertspoonful of water three times a day.

Nux Vomica.—If the cough is accompanied with a bruised pain in the stomach, and is of a rough, dry, deep character. See under *Indigestion*.

DOSE.—As *Bryonia*.

ACCESSORY TREATMENT.—See under *Indigestion*.—Active exercise in the fresh air is indispensable.

26.—CROUP. (*Angina Membranacea*).

DESCRIPTION OF DISEASE.—A violent and peculiar inflammation of the membrane lining the windpipe and especially the bronchi, producing a peculiar secretion which concretes almost immediately, forming a false membrane which lines the affected parts. It generally commences like a cold, with hoarseness and sneezing; to which succeeds fever, anxiety, short and difficult breathing; with wheezing, whistling, or rattling respiration; and a rough, crowing, barking or ringing cough, as if the sound was sent through a brazen tube. Croup is distinguished from Asthma of Millar principally by the symptoms being always present (whereas the paroxysms of the asthma are periodical), by fever, and by the urine being red and inflammatory.

Croup rarely occurs after the age of seven years, but is one of the most dangerous diseases of children. The cold and croupy cough may sometimes exist for a day or two before a paroxysm or fit occurs; or a child may go to bed apparently well and have an attack of the complaint in its worst form. Medical aid should be obtained. Cold and damp atmospheres, sudden changes of temperature, wet feet, insufficient clothing, low and moist localities, are the exciting causes of croup, and one attack generally predisposes the patient to subsequent ones.

1.—FOR THE INCIPIENT STAGE.

MEDICINAL TREATMENT.—*Hepar* is an excellent remedy, to be used before the acute symptoms are present, when there is a hoarse, hollow cough with wheezing.

DOSE.—Two grains every three or four hours, on the tongue, followed by a mouthful of water.

4.—FOR THE ACUTE STAGE.

MEDICINAL TREATMENT.—*Aconitum*.—During the inflammatory period, when there is fever, with short dry cough, and hurried breathing.

DOSE.—One drop in a dessertspoonful of water to be taken every hour, or alternated with one drop of *Spongia* in the same quantity of water every half hour or even ten or fifteen minutes apart, in severe cases.

Hepar.—If the croup symptoms are attended with rattling of mucus, or the cough is more of a loose and moist character, or if there are symptoms of suffocation when lying down.

DOSE.—Two grains, repeated or alternated with *Spongia* as under *Aconitum*.

Spongia.—In the decided croup symptoms, and in the worst cases, where there is hoarse, hollow, barking, and crowing cough, or slow loud wheezing and sawing breathing, or fits of choking.

DOSE.—See under *Aconitum*.

ACCESSORY TREATMENT.—A hot bath should be given, or the child's feet immersed in hot water till quite warm, then wiped and wrapped in flannel so as to promote perspiration, or

flannels dipped in hot water may be applied to the throat, or the child allowed to inhale steam freely. The patient must be kept from all draughts of air, and the diet during the attack should be as in fever. To prevent a recurrence of croup and to ward it off, take plenty of fresh air and active exercise, daily, cold bathing and sponging, simple nutritious diet, and guard against catching cold.

27.—CRYING OF INFANTS.

SYMPTOMS.—Crying accompanied by restlessness, indicates unpleasant sensations; crying with drawing up the legs to the abdomen, points to colic; crying with crowding the fingers into the mouth, indicates pain from teething; crying when coughing, denotes pain in the chest, &c.

MEDICINAL TREATMENT.—*Belladonna*.—If the child cries for no perceptible cause.

DOSE.—Four drops to be mixed in half a small tumblerful of water, and a teaspoonful given every hour or two.

Chamomilla.—If there is headache, earache, acidity, &c.

DOSE.—As *Belladonna*.

Coffea.—If there is great restlessness, sleeplessness, and feverish heat with crying.

DOSE.—As *Belladonna*.

Rheum.—If there is much acidity and sour-

smelling stools.—See under *Acidity* and *Diarrhœa of Infants*.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—A warm bath should be given.—See *Colic of Infants*.

28.—DEAFNESS FROM A COLD.

(*Dysecoia*).

MEDICINAL TREATMENT.—*Mercurius Sol.* will generally be sufficient.

DOSE.—Two grains in a dessertspoonful of water three times a day—a teaspoonful for a child.

Pulsatilla may be tried after *Mercurius Sol.* especially if there is a sensation as of the ears being stopped, with roaring and humming.

DOSE.—Two drops repeated as *Mercurius Sol.*

ACCESSORY TREATMENT.—See under *Catarrhal Fever*.—Keep the part warm by means of flannel. The ear may be gently syringed with warm soap-suds, and a little cotton-wool, moistened with olive-oil or glycerine, inserted.

29.—DIARRHŒA.—Looseness of the Bowels.

DESCRIPTION OF DISORDER.—A too frequent and copious discharge from the bowels, frequently accompanied with pain in the stomach, nausea or vomiting, rumbling in the bowels, coldness, and in severe cases with burning pains, violent

straining, extreme weakness, and even fainting. Sometimes diarrhœa is salutary, and sometimes dangerous; sometimes lasting only a few hours, and sometimes months or years; and may be caused by bilious or gastric difficulties, cold, impure air and food, mental emotions, &c.

BILIOUS DIARRHŒA.—See under *Bilious Attacks*.

1.—**DIARRHŒA FROM A CHILL OR COLD.**

MEDICINAL TREATMENT.—*Arsenicum*.—In very severe cases with violent colic pains.—See under *Diarrhœa with Colic*, and *Violent Diarrhœa*.

DOSE.—Two drops in a dessertspoonful of water every half hour or hour.

Bryonia.—If in the heat of summer, or from cold drinks.

DOSE.—Two drops in a dessertspoonful of water every four or six hours—a teaspoonful for a child.

Dulcamara is a prominent remedy in simple cases arising from cold, even if there is colic.

DOSE.—As *Bryonia*.

Mercurius Cor.—In more severe cases than *Dulcamara*, or if the stools are of a dysenteric character, or there is much chilliness and shivering.

DOSE.—Two drops every three hours in a little water.

ACCESSORY TREATMENT.—The patient should remain quiet, or even lie down, and be kept warm. A little cold brandy and water or a few drops of strong solution of *camphor* on lump sugar will frequently be beneficial, especially at the commencement. The diet must consist of

light and unirritating foods—rice boiled in milk, sage, barley-water, arrowroot, gruel, &c. beef tea, and a little mutton or other light animal food, but no vegetables or fruits.

2.—CHRONIC DIARRHŒA.

MEDICINAL TREATMENT.—*Phosphorus*.—If with painless evacuations, or debility and emaciation.

DOSE.—Two drops in a dessertspoonful of water every night and morning.

Sulphur is useful in all obstinate cases.

DOSE.—Two grains repeated as *Phosphorus*.

ACCESSORY TREATMENT.—Care must be taken to live temperately, to avoid foods of difficult digestion, to let the diet be unstimulating but nutritious, to avoid raw fruits, unwholesome vegetables, or acids; and to take mutton-broth or beef-tea without fat, meat jellies, calves'-foot jelly, rice, stale bread, biscuit, &c. and a little wine and water. Moderate exercise should be taken, and change of air is frequently advisable.

3.—DIARRHŒA WITH COLIC.

MEDICINAL TREATMENT.—*Arsenicum*.—If there is violent diarrhœa, with great pain and weakness, or occurring after eating and drinking.

DOSE.—Two drops in a dessertspoonful of water every hour—a teaspoonful for a child.

Chamomilla.—When the colic is very severe and the evacuations are like stirred-up eggs.—See under *Colic from a Chill*.

DOSE.—As *Arsenicum*, repeated every one, two, or three hours.

Colocynthis.—If there is bilious or watery diarrhœa with severe cramp-like pains.—See under *Colic* or *Diarrhœa*, under *Indigestion*.

DOSE.—As *Arsenicum*.

Mercurius Cor.—If there is much chilliness, or if the stools are of a dysenteric or bilious character, or if there is colic and griping, with straining after an evacuation.

DOSE.—Two drops repeated as *Chamomilla*.

Pulsatilla.—If the stools are mucous or watery, or the diarrhœa arises from a disordered stomach.

DOSE.—As *Chamomilla*.

Veratrum.—In diarrhœas resembling cholera, or when there is great debility with severe cutting pains.

DOSE.—As *Arsenicum*.

ACCESSORY TREATMENT.—This form of diarrhœa is often salutary. The feet should be kept warm, and hot fomentations applied to the abdomen. Simple, warm gruels and light, mucilaginous drinks may be given. In severe cases, five drops of strong solution of *Camphor* on a lump of sugar may be taken and repeated in a quarter of an hour with much benefit.

4.—DIARRHŒA FROM DISORDERED STOMACH.

MEDICINAL TREATMENT.—*Pulsatilla* will mostly relieve.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

ACCESSORY TREATMENT.—A spare, light diet must be observed.—See under *Indigestion*.

5.—DIARRHŒA OF INFANTS OR CHILDREN.

(Generally caused by a chill, acidity, derangement of the stomach, or some emotion of the mind.—See *Diarrhœa during Teething*.)

MEDICINAL TREATMENT.—*Chamomilla*.—In ordinary cases of diarrhœa in infants, especially if of a greenish bilious character, or attended with colic, or arising from a chill.

DOSE.—Four drops mixed with four teaspoonsful of water, and a teaspoonful given every two or three hours.

Ipecacuanha.—If occurring in the heat of summer, or if it arises from overloading the stomach, or is attended with vomiting.

DOSE.—As *Chamomilla*.

Rheum.—If there is much acidity with sour-smelling stools.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—The child must be kept warm, and the diet should consist of rice, baked flour, boiled milk, or light broths without fat. If very severe, change of air or sea-air may be beneficial.

DIARRHŒA AFTER OR DURING A MEAL.—
See under *Indigestion*.

6.—DIARRHŒA FROM MENTAL EMOTIONS.

MEDICINAL TREATMENT.—*Chamomilla*.—If from anger or passion.

DOSE.—Two drops every four hours in a little water.

Ignatia.—If from grief.

DOSE.—As *Chamomilla*.

Opium.—If from fright.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—See under *Diarrhœa from a Chill*.

7.—PAINLESS DIARRHŒA.

MEDICINAL TREATMENT.—*China* should be given in most cases.

DOSE.—Three drops in a tablespoonful of water every four or six hours.

Phosphorus.—See under *Chronic Diarrhœa*.

ACCESSORY TREATMENT.—See under *Chronic Diarrhœa*.

8.—DIARRHŒA DURING PREGNANCY.

(*Diarrhœa* during pregnancy may produce prostration or induce miscarriage).

MEDICINAL TREATMENT.—*Chamomilla* should be given first.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Pulsatilla.—If *Chamomilla* does not produce the desired effect.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—Perfect rest, a light diet and but little at a time, keeping the feet warm and the abdomen well covered with flannel, are necessary in this form of diarrhœa.—See under *Pregnancy*.

9.—DIARRHŒA DURING TEETHING.

MEDICINAL TREATMENT.—*Chamomilla*.—See under *Diarrhœa of Infants*.

Ipecacuanha.—Is useful in some cases of diarrhœa during dentition.—See under *Diarrhœa of Infants*.

Mercurius Sol.—If there is much straining after each evacuation.

DOSE.—Two grains to be mixed in half a small tumbler of water and a teaspoonful given every two or three hours.

ACCESSORY TREATMENT.—The food may be changed, and baked flour, boiled milk or rice, may be given; but great care must be exercised to avoid arresting too suddenly the diarrhœa during dentition. Keep the child warm and dry.

10.—VIOLENT DIARRHŒA.

MEDICINAL TREATMENT.—*Arsenicum*.—If attended with violent pain, or great weakness, or vomiting.—See under *Violent Vomiting*.

DOSE.—Two drops in a dessertspoonful of water every half hour to two or three hours.

Veratrum.—If there is frequent and violent

diarrhœa, and extreme weakness during stool.—See under *Diarrhœa with Colic*.

Dose.—As *Arsenicum*.

ACCESSORY TREATMENT.—The strength must be maintained by a nutritious diet.—Strong beef tea, essence of meat, &c. given frequently in small quantities, together with a little wine or cold brandy and water; perfect rest must be enjoined.

11.—DIARRHŒA WITH VOMITING.

MEDICINAL TREATMENT.—*Arsenicum*.—See under *Violent Diarrhœa and Vomiting*.

Ipecacuanha.—Is a useful medicine in less severe cases than *Arsenicum* or *Veratrum* are given for.—See under *Vomiting of Food*.

Iris Versicolor.—When attended with colic and flatulence, and watery mucous, or green stools, or vomiting of acid, bitter, bilious matters.—See under *Bilious Vomiting*.

Veratrum.—See under *Violent Diarrhœa and Vomiting*.

12.—DIARRHŒA WITH WEAKNESS.

MEDICINAL TREATMENT.—*Arsenicum*, *Phosphorus* (See under *Chronic Diarrhœa*), and *Veratrum* are the best remedies.—See under *Violent Diarrhœa*, &c.

20.—DIPHTHERIA.—Boulogne' Sore Throat.

DESCRIPTION OF DISEASE.—A peculiar inflam-

mation of the mucous membrane of the throat, which is accompanied by the production of a false membrane—patches of grey or wash-leather-like spots which deposit on the tonsils, and which are small at first, but gradually increase and threaten suffocation. The disease is attended with great prostration. It usually sets in with shivering and great depression, dryness and tingling in the throat, difficulty of swallowing, vomiting, and sometimes headache. The tongue is loaded, but there is no active fever.

MEDICINAL TREATMENT.—*Belladonna* and *Mercurius Sol.* have been found most useful at the commencement; an experienced physician should be instantly summoned.

DOSE.—Two drops of *Belladonna* alternately with two grains of *Mercurius Sol.* every two, three or four hours, as soon as the premonitory symptoms are observed.

Mercurius Iodatus is sometimes preferable to *Mercurius Sol.* either in alternation with *Belladonna* or alone.

DOSE.—Two grains every two, three or four hours.—See *Belladonna*.

ACCESSORY TREATMENT.—The throat must be gargled with glycerine, or glycerine and water, or the glycerine may be applied freely to the throat with a camel's-hair pencil. The diet must be of the most nourishing and concentrated kind, and frequently given. It should consist of strong beef-tea, essence of meat, eggs and milk beaten together, oyster-broth, bits of oysters, wine-whey, &c. Great cleanliness must be

observed with all spoons, forks, &c. after being used by the patient, and the house and room should be freely ventilated.

21.—DYSENTERY.—Bloody-Flux.

DESCRIPTION OF DISEASE.—A disease of the larger bowels, in which the stools are frequent and often bloody, attended with griping and straining, and in the acute form of the disease, with fever. There exists frequent and urgent desire to evacuate the bowels, which are confined, accompanied with violent straining; and the stools contain little or no ordinary matter, but consist principally of pure mucus, mucus mixed with blood, pure blood, or greenish, bilious, brownish, or blackish, putrid matters.

Dysentery generally arises from sudden exposure to cold, indigestible food, unripe fruit, or occurs in autumn weather, in damp, unwholesome localities.

MEDICINAL TREATMENT.—*Aconitum*—Is a most important remedy at the commencement of the attack or during the feverish stage, and often arrests the progress of the disease.

DOSE.—Two drops in a dessertspoonful of water every hour or two for several doses.

Colocynthis is second only to *Mercurius* in most forms of dysentery, and is especially required in severe griping colic, and distention of the abdomen.

DOSE.—Two drops in a dessertspoonful of water every two or three hours, or alternated at the same length of time with *Mercurius*.

Mercurius Corrosivus is generally considered the most important form of Mercury in dysentery, and the best remedy in the disease.

DOSE.—Two grains repeated as *Colocynthis*.

Mercurius Solubilis is almost of equal value with *Mercurius Cor.* and is especially required for the violent straining after stool.

DOSE.—Two grains repeated as *Colocynthis*.

Nux Vomica.—If there are frequent small stools, and a discharge of bloody mucus.

DOSE.—Two drops in a dessertspoonful of water every two or three hours.

Sulphur.—Often in the most desperate cases, or when other remedies have failed.

DOSE.—Two grains every three hours, or taken alternately with *Mercurius* every three hours.

ACCESSORY TREATMENT.—The patient must be kept in a horizontal position in bed, and at perfect rest—well covered, but not heated. If there is much pain, warm flannels should be applied to the stomach. The diet must consist of rice, sago, arrowroot, barley, baked flour, toast-water, &c.; and if there is much weakness, and prostration, beef-tea, broths, and meat jellies. Should there be no tendency to acute inflammation, and the debility is great, a little wine and water may be advisable. During convalescence, care must be taken not to eat anything difficult of digestion. Flannel should be worn

next to the skin, and care taken not to get damp or catch cold.

It is also very important that the stools should be immediately disinfected and removed.

32.—EARACHE. (*Otalgia*).

DESCRIPTION OF DISORDER.—Violent pains in the ear, even when there is little or no perceptible inflammation, sometimes so intense as to cause delirium ; frequently the result of a chill, and often existing in connexion with toothache.—See also *Inflammation of the Ears*.

MEDICINAL TREATMENT.—*Belladonna*.—If there are tearing and shooting pains, sometimes extending to the throat, or great sensibility to the least noise.

DOSE.—Two drops in a dessertspoonful of water every one or two hours—a teaspoonful for a child.

Chamomilla.—Especially if the earache arises from a chill, or if the pains are of a stabbing character.

DOSE.—As *Belladonna*.

Gelsemium.—When of a neuralgic character, especially if periodical.

DOSE.—As *Belladonna*.—A few drops on cotton wool may be introduced into the ear.

Mercurius Sol.—If of a rheumatic character, or when there is much chilliness with shooting pains, or if worse in bed.

DOSE.—Two grains in a dessertspoonful of water every two or three hours.

Pulsatilla.—When there is much inflammation, or pains as though something would pass through the ear.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—Heat should be applied to the ear in the form of a hot poultice, roasted onion, heated flannels, hot bran, or scorched flour in a bag. A light diet should be observed, consisting chiefly of farinaceous food.

33.—EARS, DISCHARGE FROM THE. (*Otorrhœa*).

1.—DISCHARGE FROM THE EARS ARISING FROM COLD.

MEDICINAL TREATMENT.—*Mercurius Sol.*—If the discharge is waxy or purulent, or if there is much excoriation of the ear.

DOSE.—Two grains in a dessertspoonful of water night and morning.

Pulsatilla.—If the discharge is purulent or mucous.

DOSE.—Two drops repeated as *Mercurius Sol.*, or three times a day.

ACCESSORY TREATMENT.—The ears should be kept very clean by being frequently washed with tepid milk and water, and occasionally carefully syringed with the same, or if the discharge is thick and foetid, with a lotion made by

mixing three or four drops of strong *Carbolic Acid* and a teaspoonful of glycerine with a wine-glassful of water.

2.—DISCHARGE FROM THE EARS AFTER ACUTE DISEASES.

MEDICINAL TREATMENT.—*Belladonna*.—If after scarlatina.

DOSE.—Two drops night and morning in a little water.

Mercurius Sol.—If after small-pox.

DOSE.—Two grains night and morning.

Pulsatilla.—If after measles or scarlatina.—See under *Measles*.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—See under *Discharge from the Ears arising from Cold*.

34.—EARS, HUMMING IN THE.

MEDICINAL TREATMENT.—*Belladonna*.—If arising from congestion of blood to the head.

DOSE.—Two drops in a dessertspoonful of water three times a day.

Nux Vomica.—If from indigestion, or if worse in the morning.

DOSE.—As *Belladonna*.

Pulsatilla.—If from indigestion or a chill, or if worse in the evening.

DOSE.—As *Belladonna*.

Sulphur.—In all obstinate cases.

DOSE.—Two grains in a dessertspoonful of water night and morning.

ACCESSORY TREATMENT.—See under *Determination of Blood to the Head, Indigestion, and Catarrhal Fever*.

35.—EARS, INFLAMMATION OF THE. (*Otitis*).

DESCRIPTION OF DISEASE.—Acute pain in the ears, and fever, increased by the slightest noise, or movement of the jaws.

MEDICINAL TREATMENT. — *Aconitum*. — Should be given at the commencement when the fever is high.

DOSE.—Two drops in a dessertspoonful of water every hour or two, or alternately with *Belladonna*, with the same intervals between the doses.

Belladonna.—When there is great pain extending to the throat, fever, and great sensibility to the least noise.

DOSE.—As *Aconitum*, increasing the intervals as the pain subsides.

Mercurius Sol.—If there is swelling of the glands, or soreness of the ear and discharge.

DOSE.—Two grains in a dessertspoonful of water every four hours.

Pulsatilla is a specific remedy, especially when the external ear is much affected.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—If the pain is very violent, apply heated flannels, or bags filled with hot bran or scorched flour, or foment with warm milk and water, or apply a warm bread and milk poultice. The diet should be similar to that in fever.

36.—ERYSIPELAS.—St. Anthony's Fire.

DESCRIPTION OF DISEASE.—A superficial shining redness, and inflammation of the skin, which disappears under pressure of the finger, but returns as soon as the pressure is removed. There is generally fever, and a burning heat and tingling rather than acute pain. It frequently follows injuries; blisters often form on the inflamed surface (vesicular erysipelas), and it sometimes assumes a severe and dangerous form.

The more common exciting causes of erysipelas are debility and loss of resisting power from disease, abuse of stimulants, violent emotions of the mind, undue exposure to cold, disordered stomach, wounds, &c.

1.—SIMPLE ERYSIPELAS.

MEDICINAL TREATMENT.—*Aconitum*.—If there is considerable fever, with hot dry skin.

DOSE.—One drop in a dessertspoonful of water every two hours, or alternately with *Belladonna* with the same interval between the doses.—A teaspoonful may be given to a child.

Belladonna is the specific remedy in this form of erysipelas.

DOSE.—As *Aconitum*.

Veratrum Viride.—In simple or vesicular erysipelas.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—Flour, starch, or plain hair-powder may be dusted over the part ; a lotion of *Veratrum Viride* (half a teaspoonful in a tumblerful of water) may be applied on lint ; all other outward applications should be avoided, and great care must be taken to prevent catching cold. The diet should at first be simple and unstimulating, chiefly consisting of farinaceous or vegetable food, with barley-water or toast-water, and in some cases a little beef, mutton, or chicken broth.

2.—VESICULAR ERYSIPELAS.

MEDICINAL TREATMENT.—*Belladonna*.—If there is much fever, or before the use of *Rhus*.

DOSE.—Two drops in a dessertspoonful of water every two to four hours.

Rhus is the specific remedy in this form of erysipelas.

DOSE.—As *Belladonna*, or take in alternation with it.

Arsenicum.—In dangerous cases, when there is a tendency to gangrene.

DOSE.—Two drops in a dessertspoonful of water every three or four hours.

Veratrum Viride.—See under *Simple Erysipelas*.

ACCESSORY TREATMENT.—See under *Simple Erysipelas*.

37.—EXCORIATION OF THE SKIN OF INFANTS. (*Intertrigo*).

DESCRIPTION OF AILMENT.—Soreness of the skin mostly arising from want of cleanliness, from insufficient drying after washing, from pressure, or from chafing.

1.—EXCORIATION IN GENERAL.

MEDICINAL TREATMENT.—*Chamomilla* is generally the best remedy.

DOSE.—Four drops to be mixed in half a small tumbler of water, and a teaspoonful given night and morning.

Sulphur.—After *Chamomilla*, or if it is insufficient.

DOSE.—Two grains mixed and repeated as *Chamomilla*.

ACCESSORY TREATMENT.—Great cleanliness ; frequently bathing the parts with cold or tepid water, and wiping them dry with soft flannel, dusting them with plain powder or powdered starch, or using a lotion of tincture of *Arnica* (six to ten drops of the tincture to a teacupful of tepid water).

2.—EXCORIATION BEHIND THE EARS.

MEDICINAL TREATMENT.—*Graphites* is the proper medicine.

DOSE.—Two grains to be mixed in a wineglassful of water, and a teaspoonful given three times a day.

ACCESSORY TREATMENT.—See under *Excoriation in General*.

38—EYE, BLACK.

(The result of an injury, a blow, &c.)

MEDICINAL TREATMENT.—*Arnica* should be taken.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

EXTERNAL TREATMENT.—Bathe with a lotion of *Arnica* (five drops of the tincture to a table-spoonful of water); in some cases a lotion of *Calendula* (one teaspoonful of the tincture to two table-spoonfuls of water) will prove of great benefit. A black eye may, in most cases, be prevented by the early use of *Arnica*.

39.—EYE, INFLAMMATION OF THE. (*Ophthalmia*).

DESCRIPTION OF DISEASE.—Redness of the whites of the eyes, a sense of heat, and acute pains in the ball and often into the head, great intolerance of light, dryness of the eyes, or copious secretion of scalding tears, and fever.

1.—ACUTE INFLAMMATION OF THE EYES.

MEDICINAL TREATMENT.—*Aconitum*.—In most cases of acute inflammation, with intolerable pains, or great dread of light.

DOSE.—Two drops in a dessertspoonful of water every four hours, either alone or alternately with *Belladonna*.

Arnica.—If inflammation arises from an injury, a blow, &c.

DOSE.—As *Aconitum*, or may be taken in alternation with that remedy every three or four hours.

Arsenicum.—In some cases arising from a cold, if the mucus is of an acrid, corroding nature, the pain is intensely burning, and if the dread of light is very great.

DOSE.—As *Aconitum*.

Belladonna.—When the eyes are very red, very sensitive to the light, and there are aching pains round the eyes, or to a depth in the head.

DOSE.—As *Aconitum*.

Euphrasia is useful in similar cases to those described under *Belladonna*, if accompanied by an abundant discharge of mucus or tears.

DOSE.—As *Aconitum*.

Mercurius Sol.—When there is a sensation as of sand under the eyelids, or cutting pains, with itching and shooting. It is frequently useful after *Belladonna*.

DOSE.—Two grains in a dessertspoonful of water every four or six hours.

Pulsatilla.—In cases where there is much discharge of tears, especially in the open air, and swelling of the eyelids, or if the pains are of a pressive or shooting character.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

ACCESSORY TREATMENT.—Remove everything that may occasion irritation to the eye, and

keep the patient quiet, and in a partly or even wholly darkened room. Bathe the eye with tepid water, or milk and water. If the inflammation runs high, the diet must be spare, as in fever.

2.—CHRONIC INFLAMMATION OF THE EYES.

MEDICINAL TREATMENT.—*Calcarea Carb.* is a useful medicine to follow *Sulphur*.

DOSE.—Two grains, dry on the tongue, night and morning for a week or ten days, then pause two or three days without medicine, and repeat, or give another medicine.

Hepar is a useful medicine after *Belladonna* or *Mercurius Sol.* (see under *Acute Inflammation of the Eyes*), if the ailment assumes a protracted character.

DOSE.—As *Calcarea Carb.*

Sulphur is generally the first administered, and is frequently required during the course of treatment.

DOSE.—As *Calcarea Carb.*

ACCESSORY TREATMENT.—The general diet and regimen should be such as tend to invigorate the constitution; and a slight stimulant may be used to the eye in the form of a lotion of five or six grains of sulphate of zinc to four ounces of distilled water or rose water, applied night and morning.

3.—INFLAMMATION OF THE EYES OF INFANTS.

(Frequently caused by a chill; a very bright light; a blow, &c.)

MEDICINAL TREATMENT.—*Aconitum* is the most important remedy, especially if cold or exposure to a strong light is the cause, and the eyes are very red and inflamed.

DOSE.—Four drops to be mixed in a large wineglassful of water, and a teaspoonful given every three or four hours.

Belladonna may be alternated with *Aconitum*.

DOSE.—As *Aconitum*; may be alternated three or four hours apart.

Chamomilla.—If *Aconitum* or *Belladonna* produce no improvement, or there is much redness, swelling, or agglutination of the eyelids.

DOSE.—As *Aconitum*.

Sulphur is useful in all kinds of obstinate inflammations.

DOSE.—Two grains mixed as *Aconitum*, repeated night and morning.

ACCESSORY TREATMENT.—See under *Acute Inflammation of the Eyes*.—Bathe frequently with tepid milk and water.

40.—EYELIDS, INFLAMMATION OF THE. (*Blepharitis*).

DESCRIPTION OF DISEASE.—Eyelids red, swollen and painful, frequently attended with an increase or alteration of the natural secretion, causing an agglutination of the eyelids in the morning.

MEDICINAL TREATMENT.—*Aconitum*.—When

the eyelids are swollen, hard and red, with heat, burning, and dryness.

DOSE.—Two drops in a dessertspoonful of water every three to six hours—a teaspoonful for a child.

Belladonna.—Is often a useful medicine after *Aconitum*, if the external surface or margins are much inflamed or the margins are turned up.

DOSE.—As *Aconitum*.

Mercurius Sol.—If there is much shooting or burning pain with itching, or else no pain, or if there are ulcers on the margins.

DOSE.—Two grains repeated as *Aconitum*.

Pulsatilla.—If there is much secretion of mucus with appearance of styes, and much inflammatory redness of the lids.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—Foment the eyelids with tepid water or milk and water.—See *Stye on the Eyelid*.

41.—FACEACHE—Tic-Doloreux—

Neuralgic Pains in the Face.

(*Prosopalgia*).

DESCRIPTION OF DISEASE.—Paroxysms of severe pain, frequently under the eye, and in front of the ear; shooting over the other parts of the face, most generally on one side only, and sometimes accompanied with spasmodic twitchings of the facial muscles. It is often slight at first, but gradually increases in severity until the patient

may become almost wild with the pain. It is often very obstinate of cure; relapses are of frequent occurrence, and it may be complicated with rheumatism, or be the result of cold, wounds, contusions, affections of the teeth, suppressed eruptions, &c.

1.—FACEACHE IN GENERAL.

MEDICINAL TREATMENT.—*Aconitum* is useful in inflammatory or rheumatic faceaches, where there is a great heat and swelling, or where there is violent throbbing, or intolerable pains, with fever.

DOSE.—Two drops in a dessertspoonful of water every half hour or hour, gradually increasing the interval as the pain abates.

Arsenicum.—If the pains are of a violent burning character, and are relieved by the application of external heat, or if there is great prostration, or if the pains are so severe as to drive almost to despair, or are periodical.

DOSE.—Two drops in a dessertspoonful of water every two to three hours.

Belladonna.—If the pains are in the nerves under the eyes and there is heat and redness of the face, or if the pains are worse from the slightest movement, rubbing the part, the least noise or even current of air.

DOSE.—As *Aconitum*.

Colocynthis.—If there are violent tearing and shooting pains, principally on the left side of the face, and extending to the ears and all parts

of the head, also if the pains are aggravated by the slightest touch.

DOSE.—As *Aconitum*.

Nux Vomica.—In rheumatic nervous faceache if there are drawing and jerking pains, or if the pains are aggravated by thinking, or cold air, or after eating; or if the patient leads a sedentary life.

DOSE.—As *Aconitum*.

Staphysagria.—Will frequently be found useful when the pain commences in a hollow tooth and spreads over the whole jaw, or if there are pressive, beating pains extending from the teeth to the eyes.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—If the faceache is severe, the external application of *Aconite* in the form of five drops of the strong tincture (poison) in a teaspoonful of strong spirits of wine, may be rubbed into the affected part every half hour if necessary; or chloroform may frequently be applied externally with benefit; or applications of cold water or of ice in some cases, and cloths dipped in hot water in others. During a prevalence of tic-doloureux, a warm bath at 96 degrees may be taken two or three times a week. A careful diet and regimen is advisable (see under *Indigestion*), change of air and scene, active daily exercise in the country, on foot or on horseback, and avoidance of draughts of air and exposure to cold and wet.—See *Toothache*.

2.—FACEACHE FROM A CHILL.

MEDICINAL TREATMENT.—*Aconitum*.—See under *Faceache in General*.

Belladonna.—See under *Faceache in General*.

Chamomilla.—If there is great sensibility to pain, and restlessness, or swelling of the face.

DOSE.—Two drops in a dessertspoonful of water every hour or two.

Mercurius Sol.—If worse at night, or with swelling of the cheeks.

DOSE.—Two grains every three or four hours.

ACCESSORY TREATMENT.—To draw near a hot fire, to wrap the face warmly up, or apply heated flannels, and promote free perspiration.—See under *Catarrhal Fever* and *Swollen Face*.

42.—FACE, SWOLLEN.

(The result of cold or a decayed tooth).

MEDICINAL TREATMENT.—*Belladonna* should be taken in alternation with *Mercurius Sol.* and will generally relieve.

DOSE.—Two drops in a dessertspoonful of water every four or six hours, or alternately with two grains of *Mercurius Sol.* at the same intervals of time.

Chamomilla.—If the swelling is hard, and the face hot and red.

DOSE.—As *Belladonna*.

Mercurius Sol.—See *Belladonna*.

ACCESSORY TREATMENT.—Apply a bread-and-milk poultice, or foment with hot water or milk

and water, and gargle the cheek inside with the same. Keep the face warm and covered up with flannel.

43.—FAINTING.—Swooning. (*Syncope*).

1.—FAINTING FROM DEBILITATING LOSSES.

MEDICINAL TREATMENT.—*China* is the best medicine.

DOSE.—Three drops in a little water every fifteen minutes to half an hour during the attack, afterwards increasing the intervals to four or six hours.

ACCESSORY TREATMENT.—Plenty of nourishment must be given, with wine or brandy.

2.—HYSTERICAL FAINTING.

MEDICINAL TREATMENT.—*Chamomilla*.—When there is a tendency to faint from the least suffering, or great excitability of disposition.

DOSE.—Two drops in a dessertspoonful of water every quarter of an hour to one or two hours.

Ignatia.—If there is great nervous excitement and headache.

DOSE.—As *Chamomilla*.

Moschus.—Is useful in obstinate cases of fainting.

DOSE.—As *Chamomilla*.

Nux Vomica.—Is a useful remedy when fainting occurs in persons debilitated by excessive study, or sedentary habits, or if the fits occur after a meal, or after taking exercise.

DOSE.—As *Chamomilla*, during the attack : afterwards every three or four hours.

ACCESSORY TREATMENT.—Place the patient in a horizontal position ; let her smell ammonia, strong vinegar, spirits of camphor, or any pungent odour ; or sprinkle the face with cold water and apply friction to the legs and arms. Admit plenty of fresh air, and loosen the dress. Persons subject to fainting should be careful to keep themselves as quiet as possible, abstain from stimulating food, and live a regular and equable life, with plenty of fresh air and gentle exercise on foot, horseback, or in open carriage. —See *Hysteria*.

3.—FAINTING FROM MENTAL EMOTIONS.

MEDICINAL TREATMENT.—*Ignatia*.—If from grief.

DOSE.—Two drops in a dessertspoonful of water every quarter of an hour during the attack, afterwards every two or three hours.

Opium.—If from fright.

DOSE.—As *Ignatia*.

ACCESSORY TREATMENT.—See under *Hysterical Fainting*.

44.—FATIGUE.

1.—BODILY FATIGUE.

SYMPTOMS.—Feeling of general lassitude, weariness, stiffness in the joints, and dull pains in the muscles as if from contusion.

MEDICINAL TREATMENT.—*Arnica*.—If from any labour or physical exertion—walking, rowing, and the like.

DOSE.—Two drops in a dessertspoonful of water every three or four hours—a teaspoonful for a child.

Rhus.—If from lifting or carrying great weights or loads.

DOSE.—As *Arnica*.

ACCESSORY TREATMENT.—Sponging with tepid water in which a little brandy, vinegar, or tincture of *Arnica* has been mixed, will be found very refreshing, and the moderate use of a stimulant may likewise be beneficial. The diet should be nourishing—a little beef-tea, tender beef-steak, or chop, in small quantities, but taken frequently.—See *Causes of Disease* in the Introduction.

2.—MENTAL FATIGUE.

SYMPTOMS.—Confusion of thought or too great mental activity, headache, drowsiness, sleeplessness, or heavy unrefreshing sleep, inability to collect the thoughts, &c. The bad effects of too much study, thought, and over-exertion of the brain, are frequently most difficult of cure.

MEDICINAL TREATMENT.—*Acid. Phosph.*—With general debility and great apathy.

DOSE.—Two drops in a dessertspoonful of water three times a day, or alternately with *Nux Vomica*, each twice a day.

Belladonna is useful in headaches caused by excessive study.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Calcarea Carb.—When the least conversation fatigues very much.

DOSE.—Two grains night and morning dry on the tongue.

Nux Vomica—Is the best remedy in most cases of mental fatigue.

DOSE.—Two drops in a dessertspoonful of water three times a day.

ACCESSORY TREATMENT.—Perfect rest should be given to the mental powers, and in many cases change of air and scene are needful. The free use of cold water in bathing is also a valuable adjunct, and should always be made use of. —See also under *Chronic Indigestion*.

45.—FEVER—Simple or Inflammatory.

DESCRIPTION OF DISEASE.—Shivering, sickness, and pains in the back, followed by hot, dry skin, thirst, headache, short breathing, quick full pulse, loss of appetite, and scanty urine. Simple fever is mostly a slight and transient disorder when occurring alone, but when fever accompanies eruptive or inflammatory diseases, it becomes more serious.

MEDICINAL TREATMENT.—*Aconitum* is the best remedy.

DOSE.—Two drops in a dessertspoonful of water every two to four hours—a teaspoonful for a child.

Belladonna.—If there be delirium, loss of con-

sciousness, dilated pupils of the eyes, or pains and heat in the forehead.

DOSE.—As *Aconitum*, or taken in alternation with that medicine at intervals of three or four hours.

ACCESSORY TREATMENT.—In the treatment of fever, the room in which the patient is should be cool, airy, and well ventilated, and kept at an even temperature of about 60 degrees. The covering to the bed should in general be light, but suited to the feelings of the patient; the linen should be often changed, and the patient may be frequently sponged down with tepid water. The diet must be light, easy of digestion, and unstimulating—barley-water, thin gruel, or arrowroot, toast-water or water to allay thirst; ice-water or ice may be held in the mouth, and fruits, especially grapes, will be found refreshing; also roasted apples, oranges, strawberries, raspberries, &c., if the bowels are not disordered. If in severe fevers there is great and rapid prostration of strength or much weakness, brandy and water, and beef-tea, or essence of meat should be given frequently, but in small quantities at a time.

46.—FEVERS.

See *Catarrhal Fever* and *Acute Rheumatism*; also the Eruptive Fevers,—*Chicken-pox*, *Erysipelas*, *Heat-spots*, *Measles*, *Nettlerash*, *Rash*, *Scarlet Fever*, *Scarlet Rash*, *Small-pox*, &c.

ACCESSORY TREATMENT.—See under *Simple*

or *Inflammatory Fever*, and the heading of each disease.

47.—FLATULENCE.—Wind in the Stomach or Bowels.

SYMPTOMS.—Fulness in the abdomen; rumbling in the bowels; severe pain; accumulation or copious discharge of wind—a symptom of Indigestion.

MEDICINAL TREATMENT.—*Carbo Vegetabilis*. When it arises from taking the smallest quantity of food.

DOSE.—Two grains every three or four hours in acute cases, otherwise three times a day.

China.—If flatulency arises from flatulent food, or after eating fat meats or fruits, with much distension.

DOSE.—Two drops repeated as *Carbo Veg*.

Nux Vomica.—If there is abundant flatulence, or if it is worse after eating and drinking.

DOSE.—As *China*.

Pulsatilla.—Is a very efficacious remedy, especially when the symptom arises from fat or rich food, pastry, &c.

ACCESSORY TREATMENT.—See under *Indigestion*.—Eat slowly, and chew the food carefully. Three or four charcoal biscuits or charcoal lozenges may be taken daily, or a few grains of pure vegetable charcoal mixed in a teaspoonful of brandy twice or thrice a day. Sometimes

immediate relief may be obtained from a few drops of essence of ginger on a small lump of sugar. Vegetables should be sparingly taken ; and plenty of exercise in the fresh air, and friction over the abdomen are enjoined.—See *Flatulent Colic*.

48.—GIDDINESS.—Vertigo.

1.—GIDDINESS FROM CONGESTION OF BLOOD TO THE HEAD.

SYMPTOMS.—See under *Determination of Blood to the Head*.

MEDICINAL TREATMENT.—*Aconitum* may be taken alternately with *Belladonna*, or is especially useful if the giddiness is felt on raising the head when lying or stooping, or there is much redness of the face.

DOSE.—Two drops in a dessertspoonful of water every one to four hours, or alternately with *Belladonna* at those intervals of time.

Belladonna.—See *Aconitum*.—Or if there is partial loss of consciousness, staggering, or fullness and violent pressure in the forehead.

DOSE.—See *Aconitum*.

Nux Vomica.—If during or after meals, or when walking in the open air, or with fainting, or with whirling in the head and danger of falling.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—See under *Determination of Blood to the Head*.—The free use of cold water daily is indispensable, together with regular exercise in the fresh air.

2.—GIDDINESS FROM INDIGESTION OR A
DISORDERED STOMACH.

SYMPTOMS.—See under *Chronic Indigestion* or *Dyspepsia*.

MEDICINAL TREATMENT.—*Nux Vomica*.—See *Giddiness from Congestion to the Head*.—If from wine or coffee, or heavy meals.

DOSE.—Two drops in a dessertspoonful of water every hour to three or four, according to circumstances.

Pulsatilla.—If arising from fat or rich food or pastry, or if there is relief in the open air, or it is accompanied with nausea or with feelings as though intoxicated.

DOSE.—As *Nux Vomica*.

ACCESSORY TREATMENT.—See under *Indigestion*.—Fast a short time, and let the diet be plain and very light, drinking freely of cold water. In some cases it is advisable to promote vomiting by drinking freely of warm water, and tickling the back part of the throat with the finger or a feather.

GIDDINESS AFTER OR DURING A MEAL.—See under *Indigestion*.

3.—GIDDINESS FROM WEAKNESS.

MEDICINAL TREATMENT.—*China* is the best remedy.

DOSE.—Three drops in a dessertspoonful of water three times a day.

ACCESSORY TREATMENT.—If unconnected with any special disease, a tonic and invigorating diet and regimen should be observed.

49.—GLANDS, SWELLING OF THE. (The result of a chill.)

MEDICINAL TREATMENT.—*Belladonna* and *Mercurius Sol.* will generally afford relief in simple cases.

DOSE.—Three drops of *Belladonna* alternately with two grains of *Mercurius Sol.* (each in a dessertspoonful of water) every three or four hours.

ACCESSORY TREATMENT.—See under *Catarrhal Fever*.—The glands should be gently rubbed with warm sweet oil, or camphorated oil, and kept well covered with flannel. Care should be taken not to get wet or damp, and to observe a spare diet.

50.—GOUT. (*Arthritis*).

DESCRIPTION OF DISEASE.—Pains in the joints, with inflammatory or chronic cold swelling, and symptoms of deranged digestion. The pains are generally severe, and the inflammation mostly attacks the smaller joints, particularly the first joint of the great toe, which becomes red, hot, and swollen. It sometimes suddenly

changes from one location to another and returns at intervals, various joints or parts becoming affected after repeated attacks. Gout is mostly an hereditary disease coming on without any evident external cause, generally preceded by disorder of the digestive organs, and accompanied by a plethoric state of the system.

MEDICINAL TREATMENT.—*Aconitum*.—If there is considerable fever, with great sensibility to the touch, or throbbings in the foot.

DOSE.—Two drops in a dessertspoonful of water every two, three, or four hours, according to the severity of the symptoms.

Bryonia.—If the pains are worse when moving the part, or if there is red, hot swelling, with shooting pains.

DOSE.—As *Aconitum*.

Colchicum.—In acute gout affecting the joints this medicine is a specific.

DOSE.—Five drops in a dessertspoonful of water every twenty minutes to an hour during the attack. Increase the intervals as the pain subsides.

Nux Vomica.—Is often useful for the warnings of gout, or if spirituous liquors are the cause of the attack, or if there is a sensation of torpor and numbness in the parts affected.

DOSE.—As *Aconitum*.

Pulsatilla.—In wandering gout, with shifting pains, or if worse when rising from a seat or lying down.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—See under *Rheumatism*.—The diet must be very spare during the acute symptoms, as thin gruel, bread and milk, light bread puddings, barley-water, arrowroot and the like, oranges, roasted apples, grapes, &c. Keep the affected part in such a moderately cool state as to be comfortable to the patient, without being so warm as to aggravate the severity of the attack, or so cold as to check the insensible perspiration. External applications are generally of little use in a fit of gout; those which are warm doing no good, and those which are cold having a tendency to suddenly check the inflammation, and thereby produce harm. The application of cold water bandages, renewed as they get warm, has, however, in many cases been found a useful adjunct, as is likewise fomenting the part with a weak lotion of *Arnica*, (one teaspoonful of the tincture to a pint of water). Friction with the flesh-brush during convalescence is beneficial, and the limbs and affected parts should be regularly sponged with cold salt water every morning, and well wiped and rubbed afterwards. The diet, during convalescence, should consist of a little digestible animal food once a day, with eggs, bread, &c., but no wines or spirits. A careful diet and regimen are essential to the proper treatment of gout.—See *Rheumatism*.

51.—GUMBOIL.—Abscess in the Gums.
(*Parulis*).

DESCRIPTION OF AILMENT.—A small boil sit-

uated on the gums or interior of the mouth, attended with considerable pain, heat, and tenderness to the touch. It very generally terminates in the formation of matter, then comes to a head and discharges ; frequently caused by a chill, a decayed tooth, or generally ill-health.

MEDICINAL TREATMENT.—*Belladonna*.—If there is great inflammation and pain.

DOSE.—Two drops in a dessertspoonful of water every three or four hours.

Hepar—Should be given to promote suppuration, when matter has formed.

DOSE.—Two grains in a dessertspoonful of water every six hours.

Mercurius Sol. may be first administered, or may be used alternately with either *Belladonna* or *Hepar*, before or after matter has formed.

DOSE.—Two grains in a dessertspoonful of water every four or six hours, or alternated with *Bell.* or *Hep.*, with that interval of time between the doses.

ACCESSORY TREATMENT.—The face should be tied up, and warm milk, or water, or a hot fig held in the mouth as a poultice. Solid food and stimulants should be avoided, and the diet should be light.

52.—GUMS, MERCURIAL AFFECTIONS OF THE.

MEDICINAL TREATMENT.—*Carbo Vegetabilis* is in general the most appropriate medicine, but an experienced physician should be consulted.

53.—GUMS, SCURVY OF THE.—**Canker of the Mouth.** (*Stomacace*).

DESCRIPTION OF DISEASE.—Offensive smell in the mouth with a glutinous bloody discharge from the gums, which are hot, red, soft, spongy, very sensitive, retracted from the teeth and subsequently ulcerated along their margins.

MEDICINAL TREATMENT.—*Carbo Vegetabilis*.—If the gums bleed much, or if they are sore and ulcerated.

DOSE.—Two grains in a dessertspoonful of water every four or six hours.

Mercurius Sol—Is the most prominent remedy when the teeth are loose and ready to fall out, and the gums are fungous, livid, and ulcerated.

DOSE.—As *Carbo Vegetabilis*.

Nux Vomica.—Sometimes useful in very bad cases, with putrid and painful swelling of the gums.

DOSE.—Two drops, repeated as *Carbo Vegetabilis*.

ACCESSORY TREATMENT.—The mouth should be frequently washed, and kept very clean, and the diet should be wholesome, easily digestible, and nourishing, with plenty of vegetables.

54.—HANDS OR LIPS, CHAPPED.*(Rhagades).*

TREATMENT.—The best applications for chapped hands or lips are (1) *arnicated glycerine* (forty or fifty drops of tincture of *Arnica* to one ounce

of glycerine), (2) *arnicated cerate*, (3) pure glycerine, or (4) coarse honey.

55.—HEAD, DETERMINATION OF BLOOD TO THE. Congestion.

(See under *Giddiness* and *Congestive Headache*).

DESCRIPTION OF DISEASE.—Red and puffy appearance of the face with fulness of the vessels of the head and neck, the violent pulsation of which is felt throughout the frame; drowsiness, giddiness, headache increased by stooping or coughing, buzzing in the ears, disturbed sleep, &c.; caused by a plethoric habit, stimulants, living too freely, an inactive life, &c.

MEDICINAL TREATMENT.—*Aconitum*.—See under *Giddiness*.

Belladonna.—See under *Giddiness*.—If worse at every step or movement, or through the least noise or light.

DOSE.—See *Aconitum* under *Giddiness*.

Bryonia.—See under *Congestive Headache*.

Nux Vomica.—If it arises from indigestion, constipation, after a meal, from sedentary habits, or over excitement, or is worse in the open air.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Opium.—Is useful in serious cases of sudden congestion with heaviness, buzzing in the ears, throbbing in the head, and feeling of stupefaction,

or in cases arising from extreme constipation, when the patient has no desire for stool.

DOSE.—Two drops in a dessertspoonful of water every one to four hours.

ACCESSORY TREATMENT.—See under *Indigestion*.—Rise early in the morning, and take plenty of exercise in the fresh air. Make a free use of cold water, both for drinking, bathing, and sponging in; sitz baths daily in the forenoon; also immerse the feet in cold water every evening, rubbing them briskly afterwards, and abstain from heating and stimulating articles of diet.

56.—HEADACHE. (*Cephalalgia*).

DESCRIPTION OF DISORDER.—Pain in the head, either all over the head, or at a particular spot, arising from various causes, as cold, rheumatism, congestion, indigestion, nervous affections, constipation, mental emotions, stimulants, fatigue, &c.

BILIOUS OR SICK HEADACHE.—See under *Bilious Attacks*.

1.—CATARRHAL HEADACHE.—(From a cold.)

SYMPTOMS.—The headache is oppressive, frequently better in the morning, worse in the evening, the eyes are full of tears, sneezing, dry heat in the nose, some cough, &c.

MEDICINAL TREATMENT.—*Chamomilla* is useful if the headache arises from a slight chill, or from suppression of perspiration.

DOSE.—Two drops in a dessertspoonful of water every two to four hours.

Mercurius Sol.—If there is frequent sneezing, and much running at the nose, or chilliness, and pains in the limbs.

DOSE.—Two grains repeated as *Chamomilla*.

Nux Vomica.—Where there is heaviness in the forehead, and stuffiness of the nose.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—See under *Catarrhal Fever*.—Steaming the head over hot water will generally relieve.—See *Catarrhal Fever* and *Influenza*.

2.—CONGESTIVE HEADACHE.—(From Determination of Blood to the Head).

SYMPTOMS.—Fulness and heaviness of the head, accompanied with giddiness, particularly on stooping, throbbing and heat, the beating of the arteries on the neck being visible, vomiting as the pain increases ; the pain worse on shaking, moving the head, lying down, or stooping, sometimes better when standing.

MEDICINAL TREATMENT—*Aconitum*—If there are violent, stupefying pains, and red and bloated face, or burning pains through the head.

DOSE.—Two drops in a dessertspoonful of water every two or three hours, or, if the headache is very violent, every hour.

Belladonna—Is useful in the severest forms of congestive headache, in alternation with *Aconitum*, or where there is violent throbbing, or

great fulness and feeling of distension in the head, and excessive sensibility to the least noise, motion, or light.

DOSE.—As *Aconitum*, or in alternation with that remedy.

Bryonia.—If there is pain when stooping, as if the forehead would burst, or much throbbing, or if worse on moving about, especially on opening or moving the eyes.

DOSE.—As *Aconitum*.

Gelsemium.—Is useful for a settled dull, dragging headache mainly in the back of the head and nape of the neck, the pain extending to the shoulders, relieved when sitting by reclining the head on a high pillow ; or if there are dimness of sight, giddiness, great heaviness, semi-stupor, and general malaise.

DOSE.—As *Aconitum*.

Nux Vomica.—When there is great heaviness of the head, with sensation as if it would burst, or violent headache over the eyes, increased by stooping or coughing, or if it has been caused by ardent spirits, sedentary habits, or mental labour, and is worse in the morning, or in the open air.

DOSE.—As *Aconitum*.

Opium.—If there is any feeling of stupefaction, muddy sensation, heaviness and throbbing in the head.—See under *Headache from Constipation* and *Determination of Blood to the Head*.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—See under *Determination of Blood to the Head*.—The patient should avoid all violent excitement, and be careful with his diet, making a sparing use of meat, and avoiding stimulants, strong light, or much noise.

3.—HEADACHE FROM CONSTIPATION, OR GASTRIC DERANGEMENT.

SYMPTOMS.—Furred tongue, bad taste in the mouth, entire loss of appetite, nausea, or even vomiting at an early stage, increasing with the pain.

MEDICINAL TREATMENT.—*Bryonia*.—If there is hard, tough stool, or difficulty in passing it.—See under *Congestive Headache*.

DOSE.—Two drops in a dessertspoonful of water every three, four, or six hours.

Ipecacuanha.—Is a useful medicine in headaches with great nausea, or vomiting.

DOSE.—As *Bryonia*, repeated every one or two hours if required.

Nux Vomica.—If there is obstinate constipation, or ineffectual desire to relieve the bowels, or if the headache arises from coffee, tobacco, or spirituous liquors.—See under *Congestive Headache*.

DOSE.—As *Bryonia*.

Opium.—If there is long-continued costiveness with no desire for stool, or nothing but small, hard balls passed (see under *Constipation*), and heaviness and throbbing in the head.

DOSE.—As *Bryonia*.

Pulsatilla—Is an excellent remedy in headaches connected with derangement, or acidity of the stomach, or if arising from rich food, fat meats, or pastry.

DOSE.—As *Bryonia*.

ACCESSORY TREATMENT.—Persons subject to gastric headaches should take plenty of exercise daily in the open air, be very careful with their diet, (see under *Indigestion*), take a moderate allowance of good vegetables, brown bread once in the day, and avoid too much meat, especially such as is young or fat, bacon, or pastry, &c. A glass or two of cold spring water between meals will be beneficial.—See *Headache* under *Indigestion*, *Constipation*, and *Biliousness*.—And if the headache has been caused by any particular article of diet, consult *Indigestion from Various Foods, Drinks, &c.*

4.—HEADACHE FROM EXTERNAL CAUSES.

MEDICINAL TREATMENT.—*Arnica*.—If arising from a fall, a blow, an injury, or fatigue.

Bryonia.—If from a chill, changeable weather, heat, or over-heating.

Nux Vomica.—If from prolonged watching, sedentary habits, or mental labour.

DOSE.—In sudden and violent attacks of headache, the remedy may be given two drops every hour to three or four hours; if the headache is long continued, or habitual, it may be repeated twice or thrice a day.

HEADACHE AFTER OR DURING A MEAL.—See under *Indigestion*.

5.—HEADACHE FROM MENTAL EMOTIONS.

MEDICINAL TREATMENT.—*Chamomilla*.—If from anger or passion.

Ignatia.—If from suppressed grief or mortified feelings.

Opium.—If from fright.

DOSE.—See under *Headache from External causes*.

MENSTRUAL HEADACHE.—See under *Menstruation*.

6.—NERVOUS HEADACHE.—Neuralgic pains in the Head. (*Megrim*).

SYMPTOMS.—The attacks are frequently periodical, the pain is of a tearing, throbbing, or hard-aching character, and is often felt on one side of the head only, or in a circumscribed spot. The painful part feels sore to pressure; light, noise, and mental agitation are intolerable, and the headache is often attended with severe retching or vomiting of bile and mucus.

MEDICINAL TREATMENT.—*Belladonna*.—See under *Congestive Headache*.

Bryonia.—If there are shooting pains in the head, especially on one side, or if worse from motion, or during hot and changeable weather.

DOSE.—Two drops in a dessertspoonful of water every three, four, or six hours.

China.—If caused by very profuse or prolonged menstruation, by too prolonged nursing, by loss of blood from an operation, by general excess, or by chronic diarrhœa.*

* "*Headaches, their Causes and Treatment*," by E. B. SHULDHAM, M.D., M.R.C.S., M.A., Oxon.

DOSE.—As *Bryonia*.

Coffea.—If the pains seem intolerable, or affect only one side of the head as though a nail was being driven into it.

DOSE.—As *Bryonia*.

Gelseminum.—with pain over the eyes and across the forehead.—See also *Congestive Headache*.

Ignatia.—If there are cramp-like pains over the root of the nose, or feeling as of a nail being pressed into the brain, or if the pain is momentarily relieved by a change of position.

DOSE.—As *Bryonia*.

Nux Vomica.—If there is pain as of a nail being driven into the head, or if the headache is worse after eating, or in the open air, or by reflection, or mental labour, or in the morning.—See under *Congestive Headache*.

DOSE.—As *Bryonia*.

Pulsatilla.—If there be headache as if the head would burst, or feeling as though the head were in a vice, or jerking headache, or if the pain is relieved in the open air, but increased in-doors or on lying down, or in the evening.

DOSE.—As *Bryonia*.

Sepia.—Is useful in periodical daily nervous headaches of hysterical females who suffer from menstrual irregularities, or when there are boring pains, with nausea and vomiting, or the

headache is preceded by great weight in the head.

DOSE.—Two grains repeated as *Bryonia*.

ACCESSORY TREATMENT.—Bathe the temples with Eau de Cologne, and lie down quietly in a partially darkened room. If subject to nervous headache, very great care should be taken with the diet, cold bathing should be freely made use of, or salt-water bathing down the lower part of the back or spine, together with the use of the flesh-brush, and the patient should take horse exercise when practicable.

7.—RHEUMATIC HEADACHE.

MEDICINAL TREATMENT.—*Belladonna*.—If there are violent pains, with redness of the face and eyes, or great sensibility to the least noise, light, or motion.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Bryonia.—If the pains are of a shooting character, or the headache is worse during bad or changeable weather.

DOSE.—As *Belladonna*.

Cimicifuga is a valuable remedy, especially for women, and if the pains extend into the eye balls.

DOSE.—As *Belladonna*.

Nux Vomica.—When the pains are principally over the eyes, and are increased by stooping, or coughing, or in the open air.—See under *Nervous Headache*.

DOSE.—As *Belladonna*.

Rhus Tox.—When there are flying pains, increased by warmth in bed.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—See under *Rheumatism*, &c.

57.—HEART, PALPITATION OF THE. (*Palpitatio Cordis*).

DESCRIPTION OF DISORDER.—Palpitation or pulsation of the heart felt distinctly and predominantly, sometimes even heard, or so strong as to shake the patient or the bed on which he may be lying, and which may arise from nervous debility, hysteria, severe bodily suffering or violent emotions, constipation, indigestion, torpid liver, weakness from loss of blood or other discharges, a gouty condition, excessive bodily exercise, disease or excitable condition of the heart, &c.

1.—PALPITATION FROM DEBILITY.

MEDICINAL TREATMENT.—*China* is the most suitable remedy.

DOSE.—Three drops in a dessertspoonful of water every four hours.

ACCESSORY TREATMENT.—Quietude of mind, regular hours, light meals, pure air, and gentle daily exercise. Sometimes a cold bath, or a tepid bath at about 92 degrees, two or three times a week, will be found useful.

2.—PALPITATION FROM INDIGESTION.

SYMPTOMS.—See under *Chronic Indigestion* or *Dyspepsia*.

MEDICINAL TREATMENT.—*Nux Vomica*.—If it occurs in robust persons, or in the morning.

DOSE.—Two drops in a dessertspoonful of water every hour to three hours.

Pulsatilla.—Is a most valuable remedy, especially if the palpitation is very violent, or occurs in the evening.

DOSE.—Two drops in a dessertspoonful of water every half-hour to three hours in acute cases, and twice or thrice a day in others.

ACCESSORY TREATMENT.—See under *Indigestion*.—Gentle exercise, a careful diet, and a tepid bath occasionally.

3.—PALPITATION FROM MENTAL EMOTIONS.

MEDICINAL TREATMENT. — *Aconitum*. — If from fear, or with fainting.

Opium.—If from a fright.

DOSE.—Two drops in a dessertspoonful of water every half-hour to three hours.

ACCESSORY TREATMENT.—See under *Palpitation in Nervous Persons*.

4.—PALPITATION IN NERVOUS PERSONS.

SYMPTOMS.—With nervous palpitations there is frequently hurried or difficult breathing, a tendency to faint, flushing, giddiness, headache, a fear of death, and a desire to press upon and control the heart as it were, with the hands.

MEDICINAL TREATMENT.—*Coffea*.—If there is great excitement and nervousness.

DOSE.—Two drops in a dessertspoonful of water every half-hour to three or four hours.

Pulsatilla.—Is the best medicine in most cases, especially if it is violent, or occurs in nervous, hysterical females, or is produced by the slightest cause.

DOSE.—As *Coffea*.

ACCESSORY TREATMENT.—See under *Palpitation from Debility*.—A temporary attack of palpitation is sometimes arrested by the use of a stimulant, as a small quantity of brandy in a little water, a few drops of *Solution of Camphor* on sugar, or a little strong tea or coffee. A cold or tepid sitz bath every morning for about five minutes may be found useful; and care should be taken to avoid violent mental excitement or strong physical exertion, to keep the feet dry and warm, and not to be exposed to rain or damp.

58.—HEARTBURN. (*Pyrosis*).

DESCRIPTION OF DISEASE.—Heartburn and Waterbrash are prominent symptoms of indigestion, produced by acridity of the secretions. Heartburn consists in a sensation of heat or burning which extends from the stomach to the throat; and Waterbrash in the vomiting or regurgitation of a watery, sour, or bitter fluid.

MEDICINAL TREATMENT.—*Calcareo Carb.*—In cases of heartburn after any kind of food, or may be taken after *Sulphur*, if necessary.

DOSE.—Two grains, dry on the tongue, three times a day.

Nux Vomica—May be given in all ordinary cases, either alone or in alternation with *Sulphur*.

DOSE.—Two drops in a dessertspoonful of water every three, four, or six hours.

Sulphur.—In all cases of long standing.—See *Nux Vomica*.

DOSE.—Two grains in a dessertspoonful of water three times a day, or alternately every four or six hours with *Nux Vomica*.

ACCESSORY TREATMENT.—See under *Indigestion*.—Daily friction over the abdomen. The diet should consist of fresh animal food, eggs, and biscuit, together with a little weak brandy and water, or toast-water. A glass of cold water, or a little essence of ginger, will often remove this symptom.

59.—HEAT SPOTS.

DESCRIPTION OF DISEASE.—An eruption of very minute pointed vesicles, crowded together, frequently very irritable, not confined to any particular part of the body, but more frequently seen on the arms and legs. Infants and young children are often troubled with this eruption.

MEDICINAL TREATMENT. — *Aconitum*. — If there is much fever and restlessness.

DOSE. — For adults — Two drops in a dessertspoonful of water every four hours ; for infants — Four drops to be mixed in a wineglassful of water, and one teaspoonful taken every four hours.

Belladonna. — If the face is very hot and red, and there is a tendency of blood to the head.

DOSE. — As *Aconitum*, or in alternation with it every four hours.

Bryonia — Is a specific when they occur in infants.

DOSE. — As *Aconitum*, or in alternation with that remedy every four hours.

ACCESSORY TREATMENT. — Daily bathing, cool rooms, and light clothing are requisite to a cure. — See *Rash* and *Red Gum*.

60.—HICCOUGH.—Hiccup. (*Singultus*).

MEDICINAL TREATMENT. — *Belladonna*. — After *Nux Vomica*, if the hiccup is violent.

DOSE. — Two drops in a dessertspoonful of water.

Nux Vomica — Is in all simple cases the best remedy.

DOSE. — As *Belladonna*.

ACCESSORY TREATMENT. — Holding the breath is the most simple, and in many cases the most effective way of stopping hiccup, or drinking a draught of cold water. When it occurs in infants they may be placed to the breast. If subject to this little trouble, attention should be

paid to diet, care being taken not to eat too quickly, nor too much at a time.

61.—HOARSENESS. (*Raucitas*).

DESCRIPTION OF DISORDER.—Rough and indistinct voice and cough, sometimes accompanied by pain, asthma, and rattling in the throat. It frequently results from a chill, and often accompanies measles, croup, influenza, &c.

1.—CATARRHAL HOARSENESS (from a cold).

MEDICINAL TREATMENT.—*Chamomilla* is an excellent remedy in recent slight cases from a chill, with much phlegm, or rattling of mucus, the place in the throat feeling sore where the mucus is detached.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Mercurius Sol.—Is frequently an excellent medicine to follow *Nux Vomica*, or is useful in cases of general severe cold, with much chilliness, sneezing, and running from the nose.

DOSE.—Two grains, repeated as *Chamomilla*.

Nux Vomica—Is a prominent remedy to commence with, especially if there is a stuffed feeling in the head, or dry, rough, fatiguing cough.

DOSE.—As *Chamomilla*.

Phosphorus—Is a valuable medicine in violent catarrhs, with great hoarseness, or with cough and dryness in the throat, or soreness in the chest.

DOSE.—As *Chamomilla*.

Sulphur—Is frequently required in catarrhal hoarseness after *Mercurius Sol.*, and is especially useful in cases resulting from cold, damp weather.

DOSE.—Two grains twice or three times a day.

ACCESSORY TREATMENT.—The wet bandage round the throat (see *Sore-Throat*) at night, or the application of a warm poultice, will frequently relieve. Wash the neck, throat, and chest frequently with cold water, gargle and drink freely of the same, and keep the feet warm and dry.—See *Catarrhal Fever*, *Cold in the Head*, *Cough*, and *Loss of Voice*.

2.—CHRONIC HOARSENESS.

MEDICINAL TREATMENT.—*Carbo Vegetabilis*.—If worse in the evening, or after talking, or in damp and cold weather.

DOSE.—Two grains in a dessertspoonful of water every six hours.

Hepar.—When there is much roughness or soreness in the throat and chest, and is in many cases of obstinate hoarseness an excellent remedy.

DOSE.—As *Carbo Vegetabilis*.

Phosphorus.—See under *Catarrhal Hoarseness*. Also if the voice is almost extinct.

DOSE.—Two drops repeated as *Carbo Vegetabilis*.

Sulphur—Is useful in cases affected by cold, damp weather, or with much roughness in the throat, and is frequently useful, in cases of long standing, to complete the cure.

DOSE.—As *Carbo Vegetabilis*.

ACCESSORY TREATMENT.—See under *Catarrhal Hoarseness*.—Use plenty of cold water, or cold salt water, and cold sponging, with vigorous friction afterwards. The diet should be plain and simple; take but little meat, and avoid stimulants, keep the feet warm, and do not exert the voice.

62.—HOOPING COUGH. (*Pertussis*).

DESCRIPTION OF DISEASE.—A convulsive cough, accompanied with a shrill whoop, and returning in fits which are frequently terminated by vomiting of food and mucus. The disease commences with cough, hoarseness, and other symptoms of a common cold; and in the second or third week, the cough peculiar to this disorder makes its appearance. The paroxysms usually occur every two or three hours, and are often worse during the night, or every other day. Between the paroxysms, with the exception of being weak, the patient shows no apparent symptoms of disease.

1.—THE CATARRHAL STAGE.

SYMPTOMS.—Those of an ordinary cold—sneezing, watery discharge from the nose, watery eyes, hoarseness, dry cough, headache, oppression at the chest, feverish nights, &c., lasting for two or three weeks.

MEDICINAL TREATMENT.—*Aconitum* may be given on the first appearance of fever symptoms.

DOSE.—Two drops in a dessertspoonful of water every four hours. Infants may have half this quantity.

Belladonna.—If there is hard dry cough, worse at night, or if there be headache, or sore throat, or symptoms of congestion in the head.

DOSE.—Two drops in a dessertspoonful of water every three or four hours. Infants should have half this quantity.

Ipecacuanha.—If from the commencement the cough is attended with suffocative symptoms, and bluish face, and is particularly useful if *Nux* has proved insufficient.

DOSE.—As *Belladonna*.

Nux Vomica.—If there is a dry fatiguing cough attended with vomiting, danger of suffocation, and bluish face, and is a useful medicine to be used in alternation with *Ipecacuanha*, or to precede that remedy.

DOSE.—As *Belladonna*, or taken in alternation with *Ipecacuanha* at intervals of three or four hours.

Pulsatilla.—If from the commencement the cough is loose, with vomiting of mucus or food, or is attended with a mucous diarrhœa.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—The diet should be light, and easy of digestion; if much fever is present, it should consist of arrowroot, gruels, barley-water, &c., otherwise, light meats, mutton, fowl, and the like.—See *Catarrhal Fever and Cough*.

2.—THE CONVULSIVE, OR WHOOPING STAGE.

SYMPTOMS.—Violent paroxysms of cough of a convulsive and suffocative character, and distinguished by a peculiar whoop. The face and neck are sometimes swollen and livid, the eyes protruded and full of tears. The duration of the paroxysms varies from one to five minutes, at the termination of which there is often vomiting or expectoration of food or ropy mucus. This stage lasts from five to six weeks.

MEDICINAL TREATMENT.—*Drosera* is useful when the whoop is fully established, and when there is vomiting of food or mucus. There may be fever or an absence of it.

DOSE.—Two drops in a dessertspoonful of water every two or three hours. Infants may have half this quantity.

Ipecacuanha.—See under *Catarrhal Stage*.—Suffocative symptoms or violent vomiting.

DOSE.—As *Drosera*.

Veratrum.—If *Drosera* is not sufficient, and the violence of the paroxysms remains unabated, or if there be great weakness, or suffocative fits.

DOSE.—As *Drosera*.

ACCESSORY TREATMENT.—The diet must be nourishing, and the strength of the patient well kept up. Plenty of fresh air and regular exercise should be enjoined. Linseed tea, or gum-arabic water (see *Cough*) will be found useful to allay the irritability of the throat. All sources of irritation and excitement should be excluded from the invalid.

3.—THE STAGE OF CONVALESCENCE.

SYMPTOMS.—All the symptoms gradually become milder, the paroxysms are less frequent and the cough less urgent.

MEDICINAL TREATMENT.—*Pulsatilla* is often useful towards the end of the disease, when the cough is moist, with easy expectoration.

DOSE.—Two drops in a dessertspoonful of water three times a day. A teaspoonful for an infant.

ACCESSORY TREATMENT.—In protracted cases, nothing is so efficacious as change of air, especially to the seaside, which often succeeds after all other means have been tried in vain. Cold bathing is frequently of much service.

63.—HYSTERICIS.—Hysteria.

SYMPTOMS.—Sensation as of a ball rising from the stomach into the throat, fits of laughter and crying, shrieks and screams with violent twisting and writhing of the body and limbs, tearing of the hair, and beating of the arms, &c.

MEDICINAL TREATMENT.—*Ignatia*, *Moschus*, and *Nux Vomica* are the most suitable remedies, one of which will generally relieve the paroxysm.

DOSE.—Four drops in a wineglassful of water, a dessertspoonful every ten minutes during the paroxysm; afterwards, every two or three hours until entirely relieved.

ACCESSORY TREATMENT.—Admit plenty of fresh air; apply burnt feathers, smelling salts, or spirits of camphor to the nose; bathe the tem-

ples with ether, or Eau de Cologne : and dash cold water into the face, or over the limbs. The attendants should be perfectly calm, and pay no attention to anything said by the patient. To remove the tendency to hysteria, take active exercise in the open air, and on horseback if possible ; rise early, take regular meals, have nourishing food, variety of scene, and cheerful society : diverting the mind as much as possible from the patient's own state of health. The application of cold water, shower baths, sea bathing, &c. should be persevered in, to invigorate the system, as likewise active labour in the open air, garden, &c. if practicable.—See under *Hysterical Fainting*.

64.—INDIGESTION.—Derangement of the Stomach.

DESCRIPTION OF DISEASE.—Indigestion includes all those almost undefinable and inexpressible states or conditions of disease (for some of the symptoms, see under *Chronic Indigestion* or *Dyspepsia*) arising from, or dependent upon, slow or difficult digestion or weakness of the stomach. These may be either acute or chronic : they may either arise from having partaken of indigestible, unwholesome, heavy, fat, sour, or flatulent food, or from over-eating, &c. or they may become chronic from a long-continuance of exciting causes, calculated to impair the digestion—as too much study, too hot rooms, too little exercise, long-continued indulgence in warm drinks, stimulants, purga-

tives and narcotics, indulgence in the pleasures of the table, late hours, social dissipation, &c. See *Causes of Disease* in the Introduction.

[If indigestion is slight, or recent, and the cause of it is known, the three first sections should be examined, and a medicine chosen to correct the cause of the trouble: if, however, it is otherwise, or Chronic, the remaining sections, together with *Chronic Indigestion*, or *Dyspepsia*, may be referred to.]

1.—INDIGESTION FROM EXTERNAL CAUSES.

MEDICINAL TREATMENT.—*Arnica*.—If it arises from an injury, a blow, a fall, or fatigue.

Bryonia.—If it arises from a sedentary life, hot weather, or over-heating.

China.—If from debilitating losses, weakness, or occurring in old people.

Nux Vomica.—If it arises from a sedentary life, prolonged watching, eating or drinking to excess, excessive study or mental exertions.

Pulsatilla.—If it arises from prolonged watching or eating to excess, especially of rich food, or occurring in hysterical individuals.

Sulphur.—If occurring in hypochondriacal individuals, or if arising from sedentary habits, excessive study, and the like, and is frequently a useful medicine in alternation with *Nux Vomica*.

DOSE.—Two drops (or grains in the case of *Sulphur*) in a dessertspoonful of water every two, four, or six

hours, according to the severity of the attack. Children may have half the quantity.

ACCESSORY TREATMENT.—See under *Chronic Indigestion*.

2.—INDIGESTION FROM VARIOUS FOODS, DRINKS, &c.

MEDICINAL TREATMENT.—*Arsenicum*.—If it arises from acids, cold food, fruits, ices, or milk.

Bryonia.—If it arises from fruits.

Carbo Vegetabilis.—If from butter, fat meats, spoiled meats, or fat pork.

China.—If it arises from fruits or milk.

Nux Vomica.—If it arises from coffee, cold food, ales, wines, spirituous liquours, or tobacco.

Pulsatilla.—If it arises from butter, fat meats or food, fruits, hot food, spoiled food, pastry, fat pork, or tobacco.

DOSE.—As under *Indigestion from External Causes*.

ACCESSORY TREATMENT.—See under *Chronic Indigestion*.

3.—INDIGESTION FROM MENTAL EMOTIONS.

MEDICINAL TREATMENT.—*Aconitum*.—If from fright.

Chamomilla.—If from anger or passion.

Ignatia.—If from grief.

DOSE, &c.—See under *Indigestion from External Causes*.

[The following are the chief forms of disease that Indigestion assumes.]

BILIOUS SYMPTOMS.—See *Bilious Attacks*.

4.—COLIC DURING OR AFTER A MEAL.

SYMPTOMS.—See under *Colic*.

MEDICINAL TREATMENT.—*Arsenicum*.—If there are burning or excessive pains, or if it is accompanied with nausea, vomiting, or diarrhœa.

DOSE.—Two drops in a dessertspoonful of water, every half-hour to three or four hours, according to the severity of the symptoms.

Colocynthis.—If the pains are of a cutting or griping character, or are extremely violent.—See under *Diarrhœa after a Meal*.

DOSE.—As *Arsenicum*.

Nux Vomica.—If there are griping, lacerating pains, or they are cramp-like, or there is a bruised feeling, or if there is much distension of the abdomen with rumbling and flatulency.

DOSE.—As *Arsenicum*.

Pulsatilla.—If the pains are spasmodic, or if there is pressure in the stomach, with vomiting or rumbling.

DOSE.—As *Arsenicum*.

ACCESSORY TREATMENT.—See under *Colic* and *Chronic Indigestion*.—A little strong coffee without milk or sugar will frequently relieve.

CONSTIPATION.—See *Constipation*.

5.—DIARRHŒA AFTER OR DURING A MEAL.

SYMPTOMS.—See under *Diarrhœa*.

MEDICINAL TREATMENT.—*Arsenicum*.—If it is violent, with frequent discharges, or is attended with violent colic, vomiting, or great weakness.

DOSE.—Two drops in a dessertspoonful of water every two to four or six hours, according to the severity of the diarrhœa.

China.—If the stools consist of undigested food, or they are painless and watery.

DOSE.—As *Arsenicum*.

Colocynthis.—In cases where colic and diarrhœa occur after taking the least nourishment.

DOSE.—As *Arsenicum*.

Pulsatilla.—Is an excellent remedy in diarrhœa from gastric derangement, especially if there are mucous or watery evacuations, or if there is colic.

DOSE.—As *Arsenicum*.

ACCESSORY TREATMENT.—See under *Diarrhœa*.

6.—DISTENSION AFTER OR DURING A MEAL.

MEDICINAL TREATMENT.—*Carbo Vegetabilis*.—If there is great distension with flatulence, or if it is attended with crampy pains or spasms.

DOSE.—Two grains in a dessertspoonful of water every three hours.

China.—Is an excellent remedy to give first, especially if the trouble arises from eating flatulent food.

DOSE.—Three drops repeated as *Carbo Vegetabilis*.

Nux Vomica may follow *China*, especially if the distension occurs after a moderate meal.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

ACCESSORY TREATMENT.—See under *Flatulence* and *Chronic Indigestion*.

FLATULENCY.—See *Flatulence*.

7.—HEADACHE AFTER OR DURING A MEAL.

SYMPTOMS.—See under *Headache*.

MEDICINAL TREATMENT.—*China* and *Nux Vomica* are the two most useful medicines if the headache occurs immediately after a meal, but if it can be traced to some cause, see under *Indigestion from various Foods, Drinks, &c.* and *Headache from Constipation or Gastric Derangement*.

HEARTBURN.—See *Heartburn*.

8.—NAUSEA OR VOMITING AFTER OR DURING A MEAL.

MEDICINAL TREATMENT.—*Arsenicum*. — If there is intense nausea or violent vomiting, or vomiting after every meal, or of everything that is eaten or drank, or if there is severe colic attending it.

DOSE.—Two drops in a dessertspoonful of water every two to four or six hours, according to the severity of the symptoms.

Iris Versicolor.—With burning in the pit of

the stomach, or with diarrhoea, prostration and headache.*

DOSE.—As *Arsenicum*.

Ipecacuanha.—When there is easy vomiting but with great force, or if there is simple nausea.

DOSE.—As *Arsenicum*.

Nux Vomica.—When from weakness of the stomach there is nausea after eating, vomiting of food, or periodical vomiting after eating.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Pulsatilla.—When there is a strong inclination to vomit, or chronic vomiting, or vomiting from overloading the stomach with rich or fat food.

DOSE.—As *Arsenicum*.

ACCESSORY TREATMENT.—If arising from weakness of the stomach, a free use should be made of cold water, both for drinking and bathing, and care must be taken as to the quantity and quality of the food, not eating much at a time, and allowing regular intervals to elapse between the meals.—See under *Chronic Indigestion* and *Vomiting*.

PALPITATION OF THE HEART.—See under *Heart*.

9.—REGURGITATION AFTER OR DURING A MEAL

MEDICINAL TREATMENT. — *Bryonia*, *Nux Vomica*, and *Pulsatilla* are the best remedies for

* *Practical Notes on the New Remedies*, by R. TUTHILL MASSY, M.D., L.C.R.S. I.

this symptom of indigestion.—For uses, see *Chronic Indigestion*.

10.—VERTIGO.—*Giddiness after or during a Meal*.

MEDICINAL TREATMENT.—*Lachesis* may be used if *Nux Vomica* and *Pulsatilla* are not sufficient.

DOSE.—Two drops in a dessertspoonful of water every hour to three or four hours.

Nux Vomica.—If there is giddiness with obscuration of sight, or loss of consciousness, or staggering as if intoxicated, or feeling of great confusion.

DOSE.—As *Lachesis*.

Pulsatilla.—If there is giddiness as if intoxicated, or with sense of great confusion and staggering, or with inclination to vomit, or if arising from rich food or pastry.

DOSE.—As *Lachesis*.

ACCESSORY TREATMENT.—See under *Giddiness* and *Chronic Indigestion*.

WATERBRASH.—See *Waterbrash*.

11.—CHRONIC INDIGESTION.—*Dyspepsia*.

SYMPTOMS.—These are multitudinous—habitual constipation, disordered bowels, sour risings, after-taste of food, loathing, want of appetite; pressure, heaviness, sensation of weight and pain in the stomach, with fulness and distension; colic, waterbrash, heartburn, nausea, and sometimes vomiting of acid or mucus; giddiness, drowsi-

ness, particularly after a meal; heaviness of the head or headache, loaded tongue, foul breath, flatulence, bilious symptoms, palpitation of the heart, feeling of debility, &c.

MEDICINAL TREATMENT.—*Bryonia* is particularly required in dyspepsia occurring in summer time, or in damp and warm weather.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Calcareæ Carb.—Is a useful remedy to follow *Sulphur*, particularly if there is obstinate constipation, much heartburn and acidity, and an accumulation of mucus in the stomach.

DOSE.—Two grains, dry on the tongue, three times a day.

China—Is useful in dyspepsia arising from weakness, or accompanied with great indifference to food.

DOSE.—As *Bryonia*.

Hepar taken alternately with *Sulphur* will frequently effect a cure in the most obstinate cases, especially in those which are easily provoked and often occur.

DOSE.—Two grains in a little water three times a day, or alternately with *Sulphur* at the same intervals of time.

Hydrastis—Is useful in atonic dyspepsia (weak digestion) with acidity and general weakness.

DOSE.—As *Bryonia*.

Nux Vomica.—In most cases at the commencement, especially where there is a predisposition

to constipation or piles, or a temperament which is restless, irritable, energetic, or lively.

DOSE.—As *Bryonia*.

Sulphur—Is required in most cases of dyspepsia at some time during the treatment, either in alternation with *Hepar* or to follow *Nux Vomica* or *Pulsatilla*.

DOSE.—As *Hepar*.

ACCESSORY TREATMENT, DIET, &c.—The first thing in the treatment of indigestion is to avoid all those habits and pursuits which are calculated to continue the complaint, such as indolence, late hours, dissipation, close study or sedentary occupation; the use of tobacco, the too free use of stimulants, purgatives, rich or indigestible food; eating too much or too quickly, or fasting too long between meals, &c. Endeavour to promote health by a well ordered *regime*. Quit the bed at six o'clock in summer and at seven in winter, and immediately on rising take a cold bath, or wash and sponge the body freely all over with cold spring water, drinking a tumbler of the same. Rub the skin dry, using friction with either a good coarse towel or a flesh-glove. When dressed, walk out in the fresh air, and as far into the country as may be compatible with the necessary occupations of the day. Partake of a hearty breakfast, but beware of excess; and after breakfast let the forenoon, if possible, be spent in gentle walking exercise or riding on horseback in the country. Dine between one and two o'clock, and do not

take any food between meals unless it be a dry crust or biscuit, the less the better: and endeavour to arrange the meals at regular intervals throughout the day, so that they may be about four or five hours apart. The dinner should consist of such things as are in season, but the dishes should be well cooked, in the simplest manner. Water is the best beverage—to be drank in moderation during meals, but freely between; two or three tumblers of cold spring water two hours before dinner and two hours after, have a wonderfully strengthening effect upon the digestion. Mutton, venison, lamb, and tender beef are the most wholesome and digestible of meats, after which may be mentioned chicken, partridge, pheasant, &c. Meat should only be taken once in the day; it should be well cooked, and the flesh of full-grown animals should always be preferred to that of young. Roasting is superior to boiling in the manner of cooking, and all salted and dried meats should be avoided. Fish must not in general be eaten by the dyspeptic. Plain light puddings are allowable and useful, but rich pastry is altogether inadmissible. Potatoes, turnips, brocoli, french beans, and asparagus are the best vegetables: ripe fruit is also very wholesome; and brown bread is in general to be preferred to white, or at least partaken of once in the day. All slops, broths, and soups, must be abstained from. The food should be well masticated, and quietness with rest, observed after each meal. The time for tea may be about six o'clock, and all strong infusions

should be avoided. Both it and supper, which ought not to be later than nine o'clock, must be of a light character, the supper consisting of a roasted apple, a little ripe fruit, a lightly boiled egg, or the like. The meals should be taken slowly, and sufficient rest allowed after each for proper digestion. The best time for retiring to rest is from ten o'clock to half-past, and the couch should consist of a mattress, the bedroom should be well ventilated, and there should be neither fire nor curtains. Cheerful society, and lively conversation amongst congenial friends, will tend much to promote health and help to retain it.—See *Hygiene*, pages 7 to 20.

65.—INDIGESTION OF CHILDREN.

DESCRIPTION OF AILMENT.—Flatulence, colic, constipation, diarrhœa, vomiting, &c. are often present, and occur most frequently among children who are brought up by hand, and whose food is not selected or prepared with sufficient care.—See *Acidity, Colic, Constipation, &c. of Infants*.

MEDICINAL TREATMENT.—*Ipecacuanha*.—If there is simple vomiting, or if it is accompanied with diarrhœa.

DOSE.—Four drops to be dissolved in four dessertspoonsful of water, and a dessertspoonful given every two or three hours during the severity of the symptoms.

Nux Vomica.—If there is vomiting with constipation.

DOSE.—As *Ipecacuanha*.

Pulsatilla.—If it arises from pastry, or rich, greasy, or flatulent food, or if *Ipecacuanha* is not sufficient.

DOSE.—As *Ipecacuanha*.

ACCESSORY TREATMENT.—See under *Chronic Indigestion*.—The diet must be frequently changed, and should be perfectly light in character. A little ripe fruit, raw or cooked, may frequently be given with much benefit. Free ventilation and regular exercise are essential.

66.—INFLAMMATION.

Of the Bronchia,—see *Bronchitis*. Of the Chest,—see *Pleurisy*. Of the Ears,—see *Ears*. Of the Eyelids,—see *Eyelids*. Of the Eyes,—see *Eyes*. Of the Glands,—see *Swollen Glands*. Of the Gums,—see *Gumboil*. Of the Throat,—see *Sore-Throat*, &c. Inflammation of the Bladder (*Cystitis*), Bowels (*Enteritis*), Brain (*Encephalitis*), Kidneys (*Nephritis*), Liver (*Hepatitis*), Lungs (*Pneumonia*), or Stomach (*Gastritis*), are of so serious a character as to require the immediate attendance of an experienced physician.

MEDICINAL TREATMENT.—*Aconitum* may in all cases be given at the commencement.

DOSE.—Two drops in a dessertspoonful of water every hour to three or four.

ACCESSORY TREATMENT.—See under *Simple* or *Inflammatory Fever*.—Remove all causes or influences likely to aggravate the symptoms, and in all inflammations let the diet be spare

and low until the acute symptoms have passed away. Simple, cooling, mucilaginous drinks should be given, barley-water, thin gruel, decoctions of dried fruit, &c.

67.—INFLUENZA. (*Catarrhus epidemicus*).

DESCRIPTION OF DISEASE.—Influenza differs from a common cold, principally in there being oppressed respiration and great prostration of strength. It is frequently an epidemic.

MEDICINAL TREATMENT.—*Aconitum* is frequently useful at the commencement of mild cases.

DOSE.—Two drops in a dessertspoonful of water every two to four hours.

Arsenicum.—If there is fluent and corrosive discharge from the nose with great debility.

DOSE.—As *Aconitum*.

Camphor—(The strong solution) is a prominent remedy at the commencement.

DOSE.—Three drops on a small lump of sugar every half-hour or hour, for four or five doses.

Mercurius Sol.—If there be fluent cold in the head, violent shaking cough, or rheumatic pains in the head, ears, and teeth.

DOSE.—Repeated as *Aconitum*.

Nux.—If there is cough with rattling and great heaviness in the head.

DOSE.—A dessertspoonful of water every

ACCESSORY TREATMENT.—See under *Catarrhal Fever* and *Cold in the Head*.—It is best to remain in bed and nurse, where a gentle and equable heat may be maintained, and to be sponged down with warm water once or twice a day. In severe cases, friction with oil down the spine will be beneficial. Unless the inflammatory symptoms run high, the diet should be light but nourishing, beef-tea, sago, arrowroot, &c. The debility, often left behind, should be treated by gentle exercise, cold bathing, a nutritious diet, and sometimes by change of air.

68.—INSECTS, BITES OR STINGS OF.

TREATMENT.—As the sting is often left in the wound, its removal is the first object to be attended to. This may be accomplished by drawing it out with a pair of small tweezers, or by pressing the pipe of a key over the wound, and thereby forcing the sting out so far as to admit of its being caught by the nails, or ejected by a needle. Sal-volatile, lime water, sweet oil, spirits of camphor, a raw onion, or a weak solution of *Arnica* should then be applied, and will generally remove all pain and swelling. Covering the part with *Collodion* (*Arnicated Collodion* is the best preparation) is an excellent application for the stings of bees, wasps, &c. Mosquito, gnat, and flea-bites are also best treated by applying sweet oil, a raw onion, lemon-juice, spirits of camphor, or a weak solution of *Arnica* or *Ledum Palustre*.

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DOSE.—As *Aconitum*.

Camphor—(The strong solution) is a prominent remedy at the commencement.

DOSE.—Three drops on a small lump of sugar every half-hour or hour, for four or five doses.

Mercurius Sol.—If there be fluent cold in the head, violent shaking cough, or rheumatic pains in the head, face, ears, and teeth.

DOSE.—Two grains repeated as *Aconitum*.

Nux Vomica.—If there is cough with rattling of thick mucus, or great heaviness in the head.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

ACCESSORY TREATMENT.—See under *Catarrhal Fever* and *Cold in the Head*.—It is best to remain in bed and nurse, where a gentle and equable heat may be maintained, and to be sponged down with warm water once or twice a day. In severe cases, friction with oil down the spine will be beneficial. Unless the inflammatory symptoms run high, the diet should be light but nourishing, beef-tea, sago, arrowroot, &c. The debility, often left behind, should be treated by gentle exercise, cold bathing, a nutritious diet, and sometimes by change of air.

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69.—JAUNDICE. (*Icterus*).

DESCRIPTION OF DISEASE.—Jaundice is characterised by yellowness of the whites of the eyes and the skin, whitish or clay-coloured stools, and saffron-coloured urine. It is attended with more or less derangement of the digestive functions. Jaundice is caused by gallstones, disease of the liver, super-abundance of bile, improper food, cold, or sudden emotions, &c.

1.—JAUNDICE IN GENERAL.

MEDICINAL TREATMENT.—*Aconitum*—Should be taken if the fever is high, or there is much tenderness about the region of the liver.

DOSE.—Two drops in a dessertspoonful of water every three hours.

China—Is an excellent remedy to follow *Mercurius Sol.* after three or four days, especially if the stools continue whitish.

DOSE.—Two drops repeated as *Mercurius Sol.*

Mercurius Sol.—Is the specific remedy in most cases (where it has not previously been used in large quantities in the form of *Calomel* or *Blue Pill*.—See *Jaundice from abuse of Mercury*).

DOSE.—Two grains in a dessertspoonful of water every three or four hours in severe cases, or in slow chronic cases, night and morning.

Nux Vomica—Is useful in cases excited by or originating in abuse of spirituous liquors, or occurring in persons of sedentary habits, or where there is much constipation.

DOSE.—Two drops repeated as *Mercurius Sol.*

ACCESSORY TREATMENT.—For the first few days the patient should keep in a warm and even temperature, and promote perspiration. A warm bath at 96 degrees should be taken every other morning at about 12 o'clock, and warm fomentations may be applied to the abdomen. The diet should be light and easy of digestion; farinaceous articles, roasted apples, baked pears, &c.; afterwards a little roast meat may be used judiciously. Water should be drank, and stimulants avoided. In jaundice, which continues for some length of time, daily exercise is useful and should be taken freely, short of fatigue; and horse exercise is particularly advisable. The diet in such cases should be mild, but sufficiently nutritious.

2.—JAUNDICE FROM ANGER.

MEDICINAL TREATMENT.—*Chamomilla* should be first administered.

DOSE.—Two drops in a dessertspoonful of water every three or four hours.

Nux Vomica may be used after *Chamomilla*, and is especially applicable to individuals of an irritable, hysteric disposition.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—See under *Jaundice in General*.

3.—JAUNDICE OF INFANTS OR CHILDREN.

(Exposure to cold is, in infants, the most frequent cause).

MEDICINAL TREATMENT.—*Chamomilla*.—If occasioned by a chill, or a fit of anger or passion, or if there is great restlessness.

DOSE.—As under *Jaundice from Anger*.—A teaspoonful for an infant.

Mercurius Sol.—Is the best remedy in all ordinary cases.

DOSE.—Two grains to be mixed in a wineglassful of water, and a teaspoonful given every six hours.

ACCESSORY TREATMENT.—A moderate and uniform temperature should be maintained in the nursery, and the warm bath used, or the body sponged with warm water. The diet must consist of farinaceous articles.

4.—**JAUNDICE FROM ABUSE OF MERCURY.**

MEDICINAL TREATMENT.—*China* is the most suitable remedy: but an experienced physician should be consulted.

DOSE.—Three drops in a little water every six hours.

70.—LEGS, CRAMP IN THE.

DESCRIPTION OF AILMENT.—Sudden contraction of the muscles of the calves of the legs, frequently occurring at night.

MEDICINAL TREATMENT.—*Chamomilla* should be taken when it occurs at night.

DOSE.—Two drops in a dessertspoonful of water.

Veratrum Alb.—If very violent, and accompanied with coldness of the feet.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—Warm friction with the hand or rough towel, or with an embrocation of spirits of hartshorn and oil (one ounce of spirits of hartshorn to two ounces of olive oil), or with strong *solution of camphor*; or place the foot upon a cold stone, as against the fireplace, or press it against the bedstead, wall, or any other firm body.

71.—LEUCORRHŒA.—Whites.

(*Fluor albus*).

CAUSES.—Cold and moisture, frequent excitement resulting in debility, inactivity of the body, relaxing pleasures, late hours, stimulating diet, imprudence in dress, &c.

MEDICINAL TREATMENT.—*Calcareæ Carb.*—When it occurs in females of a weakly, sluggish temperament, or in those in whom the monthly period is copious and too frequent, or if it is attended with severe itching; or *Calcareæ Carb.* is suitable after *Pulsatilla*, if that remedy has not been sufficient.

DOSE.—Two grains, dry on the tongue, night and morning.

China—Is often most useful at the commencement, or if the ailment is produced by debility, or is of long standing.

DOSE.—Three drops in a dessertspoonful of water night and morning, or three times a day.

Hydrastis.—When the result of a cold in the first instance.

DOSE.—As *China*.

Pulsatilla—Is a most valuable medicine, especially if the discharge is thick.

DOSE.—Two drops repeated as *China*.

Sepia—Is especially useful for delicate individuals, or if the discharge is acrid, or corrosive, or attended with irritation.

DOSE.—Two grains repeated as *China*.

Sulphur.—In obstinate cases of almost every kind, if the above remedies have failed to cure or relieve.

DOSE.—As *Calcarea Carb*.

ACCESSORY TREATMENT.—Cold water in its various modes of application, will be found the best means to restore the tone and vigour of the system. A cold hip-bath should be taken daily, or three times a week, and the whole body thoroughly sponged. Cold water or *Infusion of Hydrastis* may also be injected by means of an ordinary female syringe, and retained for a few minutes with great advantage. The diet should be nourishing, but unstimulating, and late hours, suppers, excitement, and dissipation of every kind must be avoided. Avoid catching cold and getting damp, and endeavour to maintain a healthy tone of mind and body.

72.—LUMBAGO.

DESCRIPTION OF DISEASE.—Rheumatic pains in the loins.

MEDICINAL TREATMENT.—*Aconitum* is useful

at the commencement, when there is much fever and violent pain.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Bryonia.—When the lumbago is aggravated by the slightest motion, or draught of cold air.

DOSE.—As *Aconitum*.

Nux Vomica.—If the back feels fatigued or bruised, or if there be constipation, or symptoms of indigestion.

DOSE.—As *Aconitum*.

Rhus.—If of long standing, or if worse during rest, or if caused by exposure to wet, or arising from suppressed perspiration.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—See under *Indigestion* and *Rheumatism*.—A warm bath at 96 degrees should be taken every other morning, flannel worn next to the skin and round the loins, and friction with the flesh-glove applied over the part. The painful parts may be also rubbed with hartshorn and oil (one ounce of spirits of hartshorn to two of olive oil), or with *Aconite Opodeldoc* or a mixture of five drops of strong tincture of *Aconite* [poison] in a tablespoonful of brandy. *Rhus Opodeldoc* may be used when *Rhus* is being taken internally. The diet should be nutritious and generous, but easily digestible: anything that will derange the stomach, together with cold, night, or damp air should be avoided.

73.—MEASLES. (*Morbilli*).

DESCRIPTION OF DISEASE.—An infectious fever attended with an eruption of a crimson rash, consisting of slightly elevated minute dots disposed in irregular circular forms or crescents, preceded by catarrhal symptoms (those of a cold) about the eyes, nose, and bronchia, for about four or five days, and accompanied by inflammatory fever. For the three or four days before the appearance of the eruption, symptoms of a cold, sneezing, and feverishness, drowsiness, oppression, nausea or vomiting, and a hoarse, or ringing measly cough are present. The eruption appears on the fourth or fifth day, and disappears on the eighth or ninth: it rarely attacks the same person a second time, and frequently prevails as an epidemic. Measles may be simple or complicated, malignant and dangerous.

MEDICINAL TREATMENT. — *Aconitum* and *Pulsatilla* are the two best remedies in simple, ordinary cases of measles. *Aconitum* for the fever, sleeplessness, inflammation of the eyes, &c.

DOSE.—Eight drops to be mixed in half a small tumbler of water, and a dessertspoonful given every three or four hours, or alternately every three or four hours with *Pulsatilla* mixed in the same manner.

Belladonna—Should be given if there is delirium, sore throat, severe pains in the head, or great intolerance of light.

DOSE.—As under *Aconitum*, and may in some cases be given in alternation with that remedy.

Euphrasia.—When the catarrhal symptoms are

chiefly confined to the nose and eyes, the latter being very sore.

DOSE.—As under *Aconitum*.

Kali Iod.—If in addition to the symptoms named under *Euphrasia*, there is troublesome cough.

DOSE.—As under *Aconitum*.

Pulsatilla—Is useful in almost every stage of the disease, to facilitate the eruption, and to correct the catarrhal and gastric symptoms. — See *Aconitum*.

DOSE.—See under *Aconitum*.

ACCESSORY TREATMENT.—The room in which the patient is should be airy, darkened, moderately warm, and perfectly free from draughts; much care being taken that the patient does not catch cold, both during the eruption and for some time afterwards. He may be sponged down frequently with tepid water. The diet should be at first light (see under *Simple* or *Inflammatory Fever*), afterwards more nourishing; all animal food should be avoided; and all drinks should be given tepid, so as not to chill.*

PREVENTIVE TREATMENT.—During the prevalence of measles, mix *Aconitum* and *Pulsatilla* (as *Aconitum* under *Measles*), and give a dessert-

* Further information as to the various forms of the disease, and its complications will be found in *Eruptive Fevers: Scarlet Fever, Measles, Chickenpox, Smallpox*, &c. by W. V. DRURY, M.D., M.R.I.A.

spoonful of *Aconitum* one night, and of *Pulsatilla* the next, and so on.

1.—RETROCESSION, OR STRIKING-IN OF THE
ERUPTION.

(The result of sudden exposure to cold or change of temperature).

MEDICINAL TREATMENT.—*Bryonia* should be given immediately, especially if there be cough, or pains in the chest.

DOSE.—One or two drops in a dessertspoonful of warm water every half-hour to one or two hours.

ACCESSORY TREATMENT.—Place the patient at once in a hot bath, and let him remain in it for several minutes, maintaining the heat by fresh additions of hot water, and keeping the patient well covered during the operation. After quickly wiping down, wrap in a hot blanket, and give hot, simple, watery drinks, as thin barley-water, &c.

2.—AFTER-EFFECTS OF MEASLES.

1.—COUGH.

MEDICINAL TREATMENT.—*Hepar*.—If the cough is hoarse and croupy.

DOSE.—One or two grains three times a day.

Sulphur.—Is generally the most useful medicine.

DOSE.—One or two grains in a dessertspoonful of water night and morning, or three times a day.

ACCESSORY TREATMENT.—If the cough is very severe, the throat may be steamed over hot water.

2.—DIARRHŒA.

MEDICINAL TREATMENT.—*China* is a useful medicine, if required, after the use of *Pulsatilla* and *Sulphur*, or if there is a feeling of debility attending the diarrhœa.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Pulsatilla and *Sulphur*, given in alternation, will generally remove the diarrhœa occurring after measles.

DOSE.—One or two drops of *Pulsatilla* in a dessertspoonful of water, alternately with one or two grains of *Sulphur* in the same way, every four or six hours.

ACCESSORY TREATMENT.—See under *Diarrhœa*.

3.—DISCHARGE FROM, OR PAINS IN, THE EARS.

MEDICINAL TREATMENT.—*Pulsatilla* and *Sulphur* are the best remedies, given as under *Diarrhœa after Measles*.

4.—SWELLING OF THE GLANDS.—Mumps.

MEDICINAL TREATMENT.—*Rhus* and *Arnica* will generally relieve, given in alternation every three, four, or six hours.

Mercurii Iod.—If *Rhus* and *Arnica* fail to give relief.

DOSE.—One or two grains three times a day.

74.—MENSTRUATION, PAINFUL.
(*Dysmenorrhœa*).

CAUSES.—Congestion, improper treatment of other diseases, suppression of eruptions or

habitual discharges, rheumatic disorders, cold, deficient exercise, unnatural mode of living, sudden emotions, &c.—See *Menstrual Colic*.

MEDICINAL TREATMENT.—*Chamomilla*.—If the pains resemble labour-pains, with pressure from the small of the back, or colic with tenderness of the abdomen, or if the discharge is very dark-coloured.

DOSE.—Two drops in a dessertspoonful of water every hour or half-hour during the severity of the pain.

Cimicifuga.—Is most useful in rheumatic and neuralgic cases, but is often of benefit in congestive dysmenorrhœa. If in addition to the pains described under *Chamomilla* there are hysterical spasms, weeping mood, and cramps, it should be consulted.

DOSE.—As *Chamomilla*. It should also be taken three or four times a day during the intermenstrual period.

Cocculus.—If there is early appearance of the period with crampy colic, or violent spasms in the abdomen, with shortness of breath.

DOSE.—As *Chamomilla*.

Nux Vomica.—If the forcing pains predominate, or if there be nausea and fainting, or congestion of blood to the head, giddiness, and great debility.

DOSE.—As *Chamomilla*.

Pulsatilla.—Is often useful to commence the treatment, especially if there is much colic (see *Menstrual Colic*) and pain in the small of the

back, or when caused by exposure to wet or cold.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—Warmth applied to the whole surface of the abdomen, by means of hot flannels, or hot bottles; or hot bricks, or bottles to the feet. A warm bath at 96 degrees should be taken occasionally, followed by gentle exercise in the house. Plenty of exercise in the open air—either on horseback or on foot, muscular exercise, absence of all violent and unpleasant emotions, cheerful society, a careful diet and avoidance of exposure to cold or damp will conduce to a cure. In some cases change of air and scene are necessary. Derangements of menstruation are generally referable to insufficient clothing, fault in regimen, or improper action of the mind.

75.—MENSTRUATION, PROFUSE OR TOO FREQUENT. (*Menorrhagia*).

CAUSES.—Stimulating diet, abuse of stimulants, warm baths, fatigue, compression of the body, sudden emotions, violent exercise, a weakening mode of life, long sickness, excessive nursing of infants at the breast, &c.

MEDICINAL TREATMENT.—*Calcareæ Carb.*—Is useful in long-continued cases.

DOSE.—Two grains, dry on the tongue every six hours.

China.—May be alternated with *Ipecacuanha*,

especially if there is great debility with faintness from long-continued discharges, or may be given after the discharge has been checked, if much weakness remains.

DOSE.—Two drops in a dessertspoonful of water every three or four hours, or alternately with *Ipecacuanha*, at the same intervals of time.

Ipecacuanha.—When the discharge is profuse and continued, and amounts to flooding.

DOSE.—As *China*, repeated every half-hour or hour in severe cases.

Nux Vomica.—If there are spasms in the abdomen, or nausea and fainting, and pains in the limbs.

DOSE.—As *China*, repeated every four or six hours.

Sabina.—With bright red discharge unaccompanied by pain.

DOSE.—As *Ipecacuanha*.

Secale.—When it arises from want of tone and local debility, or alternately with *China* in many cases where the discharge is copious, or alternately with *Ipecacuanha* if the flooding occurs during the change of life.

DOSE.—As *Ipecacuanha*.

ACCESSORY TREATMENT.—Abstain from violent exercise, violent mental emotions, and all social dissipation. If it occurs in individuals of a full habit, the diet must be mild and spare, less animal food and no stimulants. If it occurs in weakly constitutions, the diet must be easy of digestion, but nourishing and invigorating,

with a little good Madeira, port, or sherry wine, together with cold hip bathing or salt water bathing, or sponging with salt and water, and change of air. Friction may be applied over the loins and lower extremities, and all exercise must be of a gentle character. To check the discharge, the patient should place herself in a horizontal position, the hips slightly elevated and the head lowered, the body should be kept cool, and perfect rest enjoined. If the discharge is considerable, the free use of cold water should be resorted to, applied to the abdomen, loins, and back, or pounded ice over the lower part of the abdomen. All drinks should be given cold, and should be of an unstimulating nature, unless faintness occurs, in which case small quantities of brandy-and-water should be given frequently.—See under *Pregnancy*.

76.—MENSTRUATION, SUPPRESSED. (*Amenorrhœa*).

CAUSES.—Low dwellings badly lighted, cold, wet, and unhealthy; extreme changes of temperature, the requirements of fashion, sedentary habits, a chill, a sudden emotion, a sudden change in one's mode of life, fatigue, &c.

MEDICINAL TREATMENT.—*Aconitum* may be given when caused by a chill, fright, or sudden emotion, either alone or alternately with *Pulsatilla*.

DOSE.—Two drops in a dessertspoonful of water every six hours, or alternately with *Pulsatilla*, with that interval between the doses.

Pulsatilla—Is in most cases useful, especially when the suppression arises from cold, or getting wet or damp.

DOSE.—Two drops in a dessertspoonful of water every six hours.

Sepia—Is of almost equal value with *Pulsatilla*, and is useful if there is much leucorrhœa.

DOSE.—Two grains repeated as *Pulsatilla*.

Sulphur—May be used after, or in alternation with the above remedies if they are insufficient.

DOSE.—Two grains in a little water twice or thrice a day.

ACCESSORY TREATMENT.—Warm foot baths, or a warm bath at 96 degrees, twice or thrice a week. A mild nutritious diet should be observed, daily friction over the loins and lower part of the abdomen used, and the patient should take gentle exercise in the fresh air, either on foot or on horseback. Great care must be observed to wear shoes with good stout soles, as wet and damp feet during the period of menstruation is one great cause of much trouble.

77.—MILK-CRUST.

(*Crusta Lactea, Eczema*).

DESCRIPTION OF DISEASE.—An eruption, occurring in infants, of small whitish pustules in

clusters upon an inflamed ground, situated on the face, cheeks, and head (*Scald-head*), and sometimes in the bends of the joints, especially of the elbows, knees, and armpits, accompanied with much itching; they burst and form scabs, and sometimes increase in thickness and extend so as nearly to cover the whole face with a solid crust. The discharge from them stiffens linen. It may be acute or chronic.

MEDICINAL TREATMENT.—*Mercurius Sol.*—Is useful in cases where there is great irritation, and the eruption bleeds readily after scratching.

DOSE.—Two grains mixed in half a tumbler of water, and a teaspoonful given every four or six hours.

Rhus and *Viola Tricolor* are the best medicines in milk-crust. *Rhus* for great irritability with burning itching.

DOSE.—Four drops mixed and repeated as *Mercurius Sol.*

Sulphur—May be employed if the disease is obstinate.

DOSE.—As *Mercurius Sol.* repeated night and morning.

Viola Tricolor—Is the best to administer first, and is almost a specific.

DOSE.—As *Rhus*.

ACCESSORY TREATMENT.—Cleanliness, frequent bathing with tepid water, plenty of fresh air, and avoidance of cold or damp are necessary to effect a cure. Externally apply a little cream, *Calendula ointment*, or glycerine, and wash

occasionally with weak soapsuds. A change of food or a wet nurse may be required.

78.—MUMPS. (*Parotitis*).

DESCRIPTION OF DISEASE.—Inflammation and swelling of the glands under the ears, which sometimes extends to the throat and is conspicuous externally. It generally increases till the fourth day, and then gradually subsides; and is evidently contagious, and often epidemic. It often follows measles or scarlet fever, or is the effect of cold or damp.

MEDICINAL TREATMENT.—*Belladonna* should be given if there is much fever or delirium, and lethargy, or if there is inflammation of an erysipelatous character.

DOSE.—Two drops in a dessertspoonful of water every one to four or six hours, according to the severity of the symptoms.

Mercurius Sol.—Is the principal remedy in mumps.

DOSE.—Two grains in a dessertspoonful of water three times a day.

ACCESSORY TREATMENT.—The patient should keep in the house, and avoid exposure to cold and damp; the glands should be fomented with warm water, the face tied up with a handkerchief or piece of flannel, and kept moderately warm, and the diet should be mild and light.

79.—NECK, STIFF.

(The result of cold or rheumatism).

MEDICINAL TREATMENT.—*Aconitum* alternately with *Bryonia* may be first administered.

DOSE.—Two drops in a dessertspoonful of water at intervals of four or six hours.

Cimicifuga or *Rhus*—May follow when required.

See under *Rheumatism*.

DOSE.—As *Aconitum* and *Bryonia*.

ACCESSORY TREATMENT.—See under *Rheumatism*.—Rub the neck with *Bryonia Liniment*, camphorated oil, hartshorn and oil, or fat, wrap two or three folds of flannel or worsted round it, and avoid exposure to cold, draughts of air, or wet.

80.—NETTLERASH. (*Urticaria*).

DESCRIPTION OF DISEASE.—An eruption resembling that produced by the stinging of nettles, attended with itching, burning, or stinging pain. The rash often appears instantaneously, disappears in the warmth and reappears in the cold, and seldom stays many hours in the same place, and may be caused by mechanical irritation, cold, or acidity and other disorders of the stomach.

Apis Mellifica—Is a specific in most cases where the stinging is severe.

DOSE.—As *Aconitum*.

1.—ACUTE OR ACCIDENTAL NETTLERASH.

MEDICINAL TREATMENT.—*Aconitum*.—If there is much fever.

DOSE.—Two drops in a dessertspoonful of water every three or four hours.

Bryonia.—If it chiefly affects the joints, or arises from damp weather.

DOSE.—As *Aconitum*.

Dulcamara.—If the rash is produced by a cold or chill.

DOSE.—As *Aconitum*.

Pulsatilla.—If it is caused by eating rich or fat food, or by indigestion, or gastric derangement.

DOSE.—As *Aconitum*.

Rhus.—If of a burning stinging character, or if produced by eating fish, or shell fish, or by damp weather.

DOSE.—As *Aconitum*.

Urtica Urens.—Is considered by many the best remedy for this affection, especially when the skin appears elevated with a white central spot and red areola. It is also useful when the eruption recedes, and causes vomiting, fainting and sometimes diarrhœa.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—See under *Indigestion*.—The diet must be plain and simple, abstaining from everything of a heating or stimulating character. Sponge frequently with tepid water or bran-tea (hot water poured over bran). As errors of diet and exposure to cold are the

frequent causes of this ailment, care should be taken by those subject to it, to avoid irritating articles of food and exposure to damp.

CHECK OF THE ERUPTION.

MEDICINAL TREATMENT.—*Bryonia*.—If the eruption suddenly disappears and is followed by difficulty of breathing.—See *Retrocession of the Eruption* under *Measles*.

DOSE.—Two drops in a dessertspoonful of water every two hours.

Urtica Urens.—See under *Acute Nettlerash*.

2.—CHRONIC NETTLERASH.

MEDICINAL TREATMENT. — *Arsenicum*. — In very severe cases accompanied with much burning.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Calcarea Carb.—If the rash passes off in the cool air.

DOSE.—Two grains, dry on the tongue, night and morning.

Sulphur.—If not permanently relieved by other medicines, or may be taken alternately every other week with *Calcarea Carb.*

DOSE.—As *Calcarea Carb.*

ACCESSORY TREATMENT.—See under *Acute Nettlerash*.

81.—NEURALGIA.

Of the Face,—See *Faceache*. Of the Head,—

see *Nervous Headache*. Of the Stomach,—see *Spasms of the Stomach*; also see *Sciatica*, &c.

82.—NIGHTMARE. (*Incubus*).

DESCRIPTION OF DISEASE.—Oppression felt during sleep, great anxiety, excitement, frightful dreams or fancies, and slight fever; often caused by fatigue, late suppers, or indigestible food.

MEDICINAL TREATMENT.—*Aconitum*.—If accompanied with fever, palpitation of the heart, or oppression of the chest.

DOSE.—Two drops in a dessertspoonful of water repeated as required.

Belladonna.—With headache on waking, flushed face, and irritation about the eyes.

DOSE.—As *Aconitum*.

Nux Vomica.—If the result of spirituous liquors, ale, too hearty meals, a sedentary life, too much study, &c.

DOSE.—As *Aconitum*, and may be repeated every six hours during the day.

Opium.—If the attacks are very severe, and particularly if during the attacks the breathing is almost suspended, the eyes only half closed, and the features are expressive of anguish.

DOSE.—As *Nux Vomica*.

Pulsatilla.—If it arises from rich living, and is accompanied with anxious, sad dreams.

DOSE.—As *Nux Vomica*.

ACCESSORY TREATMENT.—The mind and body

should be kept free from all undue fatigue and commotion, late hours should be avoided, a light diet should be enjoined, heavy suppers must be abstained from, and cold water freely partaken of. Take daily exercise in the open air on foot or on horseback, with a cold shower bath or cold sponging, and dry rubbing, every morning.

83.—NOSE, BLEEDING FROM THE.

(*Epistaxis*).

1.—BLEEDING FROM THE NOSE FROM CONGESTION IN THE HEAD.

SYMPTOMS.—See under *Determination of Blood to the Head*.

MEDICINAL TREATMENT.—*Aconitum* and *Belladonna* will mostly relieve, taken in alternation.

—See under *Giddiness from Congestion in the Head*.

DOSE.—Two drops of each remedy in a dessertspoonful of water, taken in alternation every half hour to two or three hours, according to the severity of the case.

ACCESSORY TREATMENT.—See under *Giddiness* and *Determination of Blood to the Head*.—Immerse the face in the coldest water, and dash cold water or vinegar-and-water up the nostrils, or apply ice or ice-water to the root of the nose, or apply cold cloths or metal to the nape of the neck or back. Keep the head as much elevated as possible, and let the diet be spare and simple in character. As bleeding from the nose often relieves congestion, the treatment should be

adapted to the urgency of the symptoms, which, if slight, need not be much interfered with.

2.—BLEEDING FROM THE NOSE FROM INJURIES
OR BODILY EXERTION.

MEDICINAL TREATMENT.—*Arnica*.—If from physical exertion, a contusion, blow, or injury.

DOSE.—Two drops in a dessertspoonful of water every ten minutes to half an hour.

Rhus.—If it arises from bodily exertion (after using *Arnica*), or from lifting a heavy weight.

DOSE.—As *Arnica*.

ACCESSORY TREATMENT.—As under *Bleeding from Congestion in the Head*, with the addition of mixing twenty or thirty drops of tincture of *Arnica* in half a pint of cold water, and dashing and washing the nose with the mixture.

3.—BLEEDING FROM THE NOSE FROM SUP-
PRESSED MENSTRUATION.

MEDICINAL TREATMENT.—*Pulsatilla* or *Sepia* are the most suitable medicines.—See under *Suppressed Menstruation*.

4.—BLEEDING FROM THE NOSE FROM
WEAKNESS.

MEDICINAL TREATMENT.—*China* will in most cases cure.

DOSE.—Three drops in a dessertspoonful of water every four or six hours.

Secale should be taken if *China* does not succeed.

DOSE.—As *China*.

Hamamelis. — In children, and particularly when the blood is of a dark colour.

DOSE.—Two drops in a dessertspoonful of water every half-hour to two or three hours.

ACCESSORY TREATMENT.—See under *Bleeding from Congestion in the Head*.—The diet, however, should be unstimulating but very nourishing, and where there is exhaustion, good port wine should be taken; change of scene and air are often beneficial.

5.—BLEEDING FROM THE NOSE ARISING FROM WORMS.

MEDICINAL TREATMENT. — *Cina* or *Mercurius Sol.* should be given.—See under *Worms*.

6.—TENDENCY TO BLEED FROM THE NOSE.

MEDICINAL TREATMENT.—*Calcareo Carb.* and *Sulphur* are generally useful.

DOSE.—Two grains of *Calcareo Carb.* dry on the tongue, every night for a week, then *Sulphur* in the same way, and so on.

ACCESSORY TREATMENT.—Persons subject to nose-bleeding should lead a temperate life, with moderate and regular exercise, a nourishing diet, avoiding stimulants, and should make a free use of cold water.—See under *Chronic Indigestion*.

84.—PILES. (*Hæmorrhoids*).

DESCRIPTION OF DISEASE.—Small tumours or lumps formed by a distention or relaxation of

the veins of the rectum. They may be external, or so far within the rectum as to be imperceptible, and they may or may not bleed. Sensation of weight, pain in the back, loins, and thighs, straining during stool, and constipation, frequently accompany them. Piles are frequently caused by excessive fatigue, obstinate costiveness, the abuse of purgatives, sedentary habits, stimulating food or drinks, or by a constitutional or hereditary tendency. .

MEDICINAL TREATMENT. — *Aconitum*. — Where there is much inflammation, or if they bleed profusely.

DOSE.—Two drops in a dessertspoonful of water every three, four, or six hours, according to the severity of the symptoms. .

Arsenicum.—If there is much burning heat, or if the piles are very painful, or when there is great debility attending them.

DOSE.—As *Aconitum*.

Collinsonia.—When obstinate and chronic, and attended by constipation.

DOSE.—As *Aconitum*.

Hamamelis.—When painful and bleeding, and sometimes accompanied by dysentery.

DOSE.—As *Aconitum*.

Hydrastis.—When constipation is the chief difficulty.—See under *Constipation in general*.

Nux Vomica together with *Sulphur* are the two most important remedies in chronic piles, and will often effect a complete cure.

DOSE.—Two drops of *Nux Vomica* in a little water at night, and two grains of *Sulphur* in the same manner in the morning, for a week or ten days; then pausing for three or four days and continuing.

Sulphur.—See under *Nux Vomica*.

ACCESSORY TREATMENT.—The pain and irritation often present are much relieved by the free application of cold water either by bathing or immersion. *Hamamelis Cerate* spread on lint and kept constantly to the parts is sometimes beneficial. When the inflammation is great, rest and the horizontal position should be observed, with a mild vegetable diet. Everything heating, stimulating, and constipating, must be avoided in the general diet, all highly-seasoned food and the like. Individuals subject to piles should bathe in the sea as often as convenient, or in salt-water baths. Injections of cold water may be thrown up daily; suitable exercise should be taken, and every endeavour made to keep the bowels regular.

85.—PIMPLES. (*Acne Simplex*).

DESCRIPTION OF DISORDER.—An eruption frequently seen in persons of sanguine temperament, consisting of distinct pustules not unlike very minute boils, seated on a hard inflamed base, which suppurate imperfectly, leaving behind them small hard red tumours, which are slow in disappearing. They generally appear on the face, forehead, and chin, and are excited by too much animal food, spices, stimulants, &c.

MEDICINAL TREATMENT. — *Arnica* may be given in slight cases.

DOSE.—Two drops in a dessertspoonful of water three times a day.

Hepar—Taken on alternate weeks with *Sulphur* is generally the most effective treatment.

DOSE.—Two grains in a little water once or twice a day.

Sulphur.—See *Hepar*.

ACCESSORY TREATMENT.—See under *Chronic Indigestion*.—Particular attention must be paid to diet; all indigestible food, spirituous liquors, rich or fat dishes, or heavy farinaceous articles, should be avoided, and a light vegetable diet adopted.

86.—PLEURISY. (*Pleuritis*).

DESCRIPTION OF DISEASE.—Inflammation of the membrane lining the chest, and characterized by painful and severe stitches in the side of the chest when moving or drawing breath, attended with anxious and difficult breathing, hot skin, hard quick pulse, and other symptoms of inflammatory fever.

MEDICINAL TREATMENT.—*Aconitum* should be taken during the inflammatory period when the cough and fever are severe.

DOSE.—Two drops in a dessertspoonful of water every half-hour to two or three hours according to the violence of the attack, or in alternation with *Bryonia* at the same intervals of time.

Bryonia.—If the pains in the side continue

after the use of *Aconitum*, or may be given in alternation with that medicine.

Dose.—As *Aconitum*.

Sulphur.—To complete the cure if necessary after the use of the other remedies.

Dose.—Two grains in a dessertspoonful of water every four or six hours.

ACCESSORY TREATMENT.—The patient's room must be kept quiet, moderately warm, but well ventilated. Perfect rest should be observed. All kinds of animal food and heating fluids should be avoided, and the diet should consist of (see under *Simple or Inflammatory Fever*) farinaceous articles, barley-water, arrowroot, thin gruel, light vegetables, tamarind-tea, &c.; returning during convalescence to beef-tea, chicken-broth, &c. A wet bandage (see under *Sore-Throat*) may be applied over the painful part with advantage, or if the pain is severe, hot linseed meal poultices, hot fomentations, &c. During recovery, care must be taken to guard against catching cold.

87.—PLEURISY, FALSE.—Rheumatic Pleurisy.—Stitch in the Side. (*Pleurodynia*).

DESCRIPTION OF DISEASE.—A rheumatic affection of the muscles covering and passing between the ribs, which produces an acute pain in the side increased on inspiration. It is distinguished from true pleurisy by being attended

Collinsonia.—When associated with obstinate piles.

DOSE.—As *Bryonia*.

Hydrastis.—With weakness of the lower bowel and piles.

DOSE.—As *Bryonia*.

Nux Vomica.—Is the best remedy to commence with.

DOSE.—As *Bryonia*.

Opium.—See under *Constipation in General*.

DOSE.—As *Bryonia*, repeated every three or four hours.

Sepia.—Is also a valuable medicine and will often succeed when the other remedies fail.

DOSE.—Two grains night and morning, or three times a day.

ACCESSORY TREATMENT.—See under *Constipation*.—A change of diet, cooked or ripe sweet fruit of various kinds (as prunes, apples, &c.), together with good vegetables, daily exercise, and plenty of cold water both for drinking and bathing in, are recommended as the best correctives of this trouble. If the bowels are very obstinate, an injection of cold or tepid water, with or without the addition of a little Castile soap, may be used.

3.—DIARRHŒA DURING PREGNANCY.

(Diarrhœa during pregnancy may produce prostration, or induce miscarriage.)

MEDICINAL TREATMENT.—*Chamomilla* is generally the best remedy.

DOSE.—Two grains in a dessertspoonful of water every two to four hours.

Pulsatilla—May follow *Chamomilla*, especially if the stools are greenish or watery, or preceded by colic.

DOSE.—As *Chamomilla*.

Sulphur—May be used if, after either or both of the above remedies, the diarrhœa remains unchecked.

DOSE.—Two grains, repeated as *Chamomilla*, or three times a day.

ACCESSORY TREATMENT.—Perfect rest, a light diet, and keeping the feet warm and the abdomen well covered with flannel, are requisite to a cure.—See under *Diarrhœa*.

4.—FLOODING DURING PREGNANCY.

MEDICINAL TREATMENT.—*Chamomilla*, *Sabina*, and *Secale*, are generally the most suitable remedies, but this symptom is of so serious a character as to require the utmost skill of the physician.—See *Profuse Menstruation*.

Arnica—May be given if it results from a misstep, a fall, or a blow.

5.—TOOTHACHE DURING PREGNANCY.

SYMPTOMS.—This is a very common occurrence during pregnancy, frequently commencing in a sound tooth, extending to the whole set, and the pain, which is often very severe, sometimes shoots to the face and head. It is frequently one of the first symptoms of pregnancy.

Collinsonia.—When associated with obstinate piles.

Dose.—As *Bryonia*.

Hydrastis.—With weakness of the lower bowel and piles.

Dose.—As *Bryonia*.

Nux Vomica.—Is the best remedy to commence with.

Dose.—As *Bryonia*.

Opium.—See under *Constipation in General*.

Dose.—As *Bryonia*, repeated every three or four hours.

Sepia.—Is also a valuable medicine and will often succeed when the other remedies fail.

Dose.—Two grains night and morning, or three times a day.

ACCESSORY TREATMENT.—See under *Constipation*.—A change of diet, cooked or ripe sweet fruit of various kinds (as prunes, apples, &c.), together with good vegetables, daily exercise, and plenty of cold water both for drinking and bathing in, are recommended as the best correctives of this trouble. If the bowels are very obstinate, an injection of cold or tepid water, with or without the addition of a little Castile soap, may be used.

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(Diarrhœa during pregnancy may produce prostration, or induce miscarriage.)

MEDICINAL TREATMENT.—*Chamomilla* is generally the best remedy.

DOSE.—Two grains in a dessertspoonful of water every two to four hours.

Pulsatilla—May follow *Chamomilla*, especially if the stools are greenish or watery, or preceded by colic.

DOSE.—As *Chamomilla*.

Sulphur—May be used if, after either or both of the above remedies, the diarrhœa remains unchecked.

DOSE.—Two grains, repeated as *Chamomilla*, or three times a day.

ACCESSORY TREATMENT.—Perfect rest, a light diet, and keeping the feet warm and the abdomen well covered with flannel, are requisite to a cure.—See under *Diarrhœa*.

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MEDICINAL TREATMENT.—*Chamomilla*, *Sabina*, and *Secale*, are generally the most suitable remedies, but this symptom is of so serious a character as to require the utmost skill of the physician.—See *Profuse Menstruation*.

Arnica—May be given if it results from a misstep, a fall, or a blow.

5.—TOOTHACHE DURING PREGNANCY.

SYMPTOMS.—This is a very common occurrence during pregnancy, frequently commencing in a sound tooth, extending to the whole set, and the pain, which is often very severe, sometimes shoots to the face and head. It is frequently one of the first symptoms of pregnancy.

most cases a careful and regular diet should be enjoined.

89.—QUINSY. (*Cynanche tonsillaris*).

DESCRIPTION OF DISEASE.—Inflammation and swelling of the tonsils, often extending itself to the adjoining portions of the throat, accompanied with fever and frequently ending in suppuration. It is attended with difficult swallowing, and sometimes impeded respiration.

MEDICINAL TREATMENT.—*Aconitum*.—When there is much fever, deep redness of the parts, or pricking sensation in the throat.

DOSE.—Two drops in a dessertspoonful of water every two hours, or taken alternately with either *Belladonna* or *Mercurius Sol.*

Belladonna.—Is one of the most valuable remedies in quinsy, to be taken in alternation with *Mercurius Sol.* after the use of *Aconitum*.

DOSE.—As *Aconitum*, or taken alternately with *Aconitum* or *Mercurius Sol.*, at two, three, or four hours' interval, according to the severity of the symptoms.

Hepar.—Is useful after matter has formed, to promote suppuration.—See under *Mercurius Sol.*

DOSE.—Two grains alternately with *Mercurius Sol.* every four hours.

Mercurius Sol..—A most important medicine, which should be taken alternately with *Belladonna* at the commencement of the disease; or with *Hepar* when there are symptoms of suppuration: or with *Silicea* after the abscess has broken.

DOSE.—Two grains as *Hepar*.

Silicea.—See under *Mercurius Sol.*

DOSE.—As *Hepar*.

ACCESSORY TREATMENT.—Hot poultices should be applied all round the throat, or a wet bandage worn (see *Sore-throat*). The patient should inhale steam several times daily, should frequently gargle the throat with warm milk and water, and drink freely and slowly of warm barley-water, thin gruel, linseed tea, or any simple demulcent fluid. In severe cases, during the acute symptoms, the diet should be spare and mild, the same as for fever (see *Simple or Inflammatory Fever*). If there is much debility following the attack, nourishing food and a moderate use of wine should be allowed. Sponging the throat and chest with cold water regularly every morning will tend to strengthen those who are habitually subject to quinsy.

90.—RASH.

1.—RASH.—MILIARY FEVER. (*Miliaria*).

DESCRIPTION OF DISEASE.—An eruption of innumerable minute, transparent, white, purple, or scarlet vesicular elevations, of the size of millet seeds, appearing on all parts of the body, and especially on the chest: accompanied by fever, anxiety, oppression of the chest and respiration, and sour-smelling perspirations, peculiar to itself. The affection is often trifling, but may be severe.

MEDICINAL TREATMENT.—*Aconitum*.—If there be heat, thirst, and feverish symptoms.

DOSE.—Four drops to be mixed in half a small tumblerful of water, and a dessertspoonful taken every three hours.

Belladonna.—Should be given if the head is affected: if there is delirium, or if the face is bloated, and the eyes are inflamed.

DOSE.—As *Aconitum*, or every hour if there is delirium.

Bryonia.—Is the most suitable medicine for the rash of lying-in-women or of infants (see *Red Gum*), or if the rash is suppressed or strikes in.—See *Retrocession of the Eruption*, under *Measles*.

DOSE.—As *Aconitum*, or repeated every half-hour to one or two hours if the eruption strikes in.

Mercurius Sol..—When there is great irritation which is aggravated by warmth.

DOSE.—Two grains mixed as *Aconitum*, a dessertspoonful to be taken every four or six hours.

Pulsatilla.—If the rash is attended with gastric symptoms.

DOSE.—As *Aconitum*, repeated every four or six hours.

ACCESSORY TREATMENT.—The diet should be very light, consisting of farinaceous preparations; fresh air and great cleanliness should be enjoined; the patient should be kept cool, regularly sponged down with tepid water, and care exercised to avoid taking cold.—See *Heat Spots*.

INFANT RASH.—See *Heat Spots* and *Red Gum*.

NETTLERASH.—See *Nettlerash*.

2.—ROSE RASH. (*Roseola*).

DESCRIPTION OF DISEASE.—The mildest of all eruptive fevers, consisting of a simple blush of rose colour, occurring upon various parts of the body, attended with no elevation on the skin and very slight fever; caused by a chill, hot weather, teething, or indigestion.

MEDICINAL TREATMENT.—*Aconitum* is useful for the feverish symptoms, and is frequently the only medicine required.

DOSE.—Four drops mixed in half a small tumbler of water, and a dessertspoonful given every three or four hours.

Bryonia (see under *Rash*).—If there are any chest symptoms.

DOSE.—As *Aconitum*.

Pulsatilla.—When accompanied with acidity, nausea, diarrhœa, or indigestion.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—See under *Rash*.

3.—SCARLET RASH.—PURPLE RASH.

DESCRIPTION OF DISEASE.—An eruption resembling scarlet fever, except that the general bright efflorescence of the skin is accompanied with a fine vesicular rash, which imparts to the skin a sense of granular roughness when passing the hand over it. In some cases the rash is so fine as to be scarcely visible; in others, when it localizes itself upon some internal organ, it

may become dangerous, in consequence of the intensity of the inflammation.

MEDICINAL TREATMENT.—*Aconitum* is the specific in this form of rash.

DOSE.—Two drops in a dessertspoonful of water every three or four hours—a teaspoonful for an infant.

Belladonna.—If the head should become affected and there should be delirium, sore-throat, &c.

DOSE.—As *Aconitum*, or taken in alternation with that medicine.

ACCESSORY TREATMENT.—See under *Rash*.—Great care must be taken to prevent catching cold.

91.—RED GUM.—Infant Rash.

(*Strophulus*).

DESCRIPTION OF AILMENT.—Pimples occurring upon the face, chest, and hands of young infants, with redness of the surrounding skin, often dependent upon teething.

MEDICINAL TREATMENT.—*Aconitum*.—If there is much fever and restlessness.

DOSE.—Four drops to be mixed in half a small tumbler of water, and a teaspoonful given every three or four hours, or alternated with *Bryonia* or *Chamomilla* at these intervals of time.

Bryonia.—Is the most suitable remedy when the fever is abated, or given in alternation with *Aconitum*.

DOSE.—See under *Aconitum*, and mixed in the same way.

Chamomilla.—If there is great fretfulness and excitement.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—Fresh air, regular bathing, proper attention to dress, and a simple unirritating diet, are the only requisites to a cure in most instances.

92.—RESTLESSNESS OF INFANTS.

MEDICINAL TREATMENT.—*Aconitum*, *Belladonna*, *Chamomilla*, and *Coffea*, are the remedies. —See under *Sleeplessness*, and other diseases of infants.

93.—RHEUMATISM.

DESCRIPTION OF DISEASE.—Pains in the fibrous, muscular, or membranous parts of the body, generally attended with rigidity of the part affected and aggravation of the pains on motion; and characterised by sensibility to atmospheric changes. Shivering and a sensation of cold sometimes precede an acute attack (acute rheumatism), fever is present, aching, tearing, or shooting pains with stiffness are experienced in the parts affected, especially in the joints, and in most cases there is more or less disorder of the digestive functions. In chronic rheumatism the symptoms are similar; but less urgent and

more tedious. Rheumatism is sometimes local, or wanders from one part to another in a most capricious manner, or even attacks internal organs; is sometimes attended with swelling, heat, and redness, and sometimes without such symptoms; sometimes relieved by motion, and sometimes by rest; sometimes by hot and sometimes by cold applications. Rheumatism affecting the loins is called *Lumbago*; the hips, *Sciatica*; and the chest, *False Pleurisy*.

2.—ACUTE RHEUMATISM.—RHEUMATIC FEVER.

MEDICINAL TREATMENT. — *Aconitum*. — At the commencement of an attack of rheumatism, if there be violent fever, or shooting pains, or if the pain is intolerable at night.

DOSE.—Two drops in a dessertspoonful of water every two, three, or four hours, according to the severity of the attack, and may frequently be used alternately with *Belladonna*, *Bryonia*, or *Rhus*.

Belladonna. — If there is congestion in the head, with redness of the face and eyes, or if there is much swelling of the part with widely-spreading redness.

DOSE.—As *Aconitum*, or in alternation with that remedy.

Bryonia.—If there are tearing shooting pains, worse in the muscles than in the bones, with shining swelling of the part, or if the pains are increased by the least movement.

DOSE.—As *Aconitum*, frequently useful in alternation with *Aconitum* or *Rhus*.

Mercurius Sol.—When any particular joint is

affected with swelling, and when profuse perspiration is present, which gives no relief, and the pains are worse at night.

DOSE.—Two grains repeated as *Aconitum*.

Pulsatilla.—If the pains shift about from one joint to another, especially in women, and when menstrual disturbance is an accompaniment.

DOSE.—As *Aconitum*.

Rhus.—If there is much rigidity of the parts affected, and the pains are worse during rest, or in changeable weather.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—Fomentations with tepid water, or tepid water in which a little tincture of *Arnica* has been mixed, will be found of great benefit when there is much heat, swelling, and pain. *Rhus* or *Arnica* liniment (one teaspoonful of the tincture to four table-spoonful of simple liniment) will also be beneficial if well rubbed in, and simple friction may likewise be employed. The diet should at first be spare and simple, consisting principally of farinaceous preparations—barley-water, toast-water, thin gruel, and the like—afterwards a more nourishing regimen may be resorted to. Unwashed wool from the sheep should be placed around the swollen joints. As soon as the patient is able, he should take moderate walking exercise in the open air: and for the stiffness remaining after the acute symptoms are removed, bathing the parts in lukewarm salt and water

and well rubbing them with *Rhus liniment* is advisable.

2.—CHRONIC RHEUMATISM.

MEDICINAL TREATMENT.—*Colchicum* is an important remedy and may be used after *Rhus* or *Sulphur*.

DOSE.—Two drops in a dessertspoonful of water three times a day.

Rhus.—If there is a great rigidity and stiffness of the parts, and great weakness in them.

DOSE.—As *Colchicum*.

Sulphur.—Is useful in most cases of chronic rheumatism, and in the obstinate continuance of acute cases.

DOSE.—Two grains repeated as *Colchicum*.

Bryonia, *Mercurius Sol*, and *Pulsatilla*.—Are useful in some cases as under *Acute Rheumatism*.

ACCESSORY TREATMENT.—Rub freely, using plenty of friction, with *Arnica* or *Rhus liniment* (see *Acute Rheumatism*); or hartshorn and oil (one ounce of spirits of hartshorn to two of olive oil). The use of wet bandages (see *Sore-Throat*) to relieve the pain or accelerate the circulation, will also be found advantageous. A warm bath at 96 degrees may be taken every other morning, or the turkish hot-air bath made use of. The diet should be generous and the clothing warm, good flannel or wash-leather being worn next to the skin.

94.—RINGWORM.*

1.—COMMON RINGWORM OF THE SCALP.

(Tinea Tonsurans).

DESCRIPTION OF DISEASE.—This is a contagious disease caused by a vegetable parasite, and is very common in children, but almost unknown in adults. The parasite is a fungus which attacks the hairs, burrowing into the roots and producing circular patches having a slightly raised and scurfy surface, the hairs on which are dry, brittle, lustreless, and broken off close to the scalp. Sometimes there is a small pustule at the root of each hair, which discharges a mucous fluid.

MEDICINAL TREATMENT.—Is useful in correcting the condition of constitution which favours the growth and development of the parasite. *Calcarea* is useful in the dry variety, especially when it occurs in scrofulous individuals.

DOSE.—Two grains dry on the tongue night and morning.

Rhus—Is an excellent remedy when there is irritation of the scalp, with violent itching and small pustules at the roots of the hairs.

DOSE.—Four drops to be mixed in half a small tumbler of water, and a dessertspoonful taken every night and morning, or three times a day.

Sulphur may follow *Rhus* when the pustules dry up and the skin begins to scale off.

DOSE.—As *Calcarea*.

**Skin Diseases*.—By TILBURY FOX, M.D., F.R.C.P., and J. C. FOX, B.A., (Cantab.) M.B., has been consulted for information under this head.

ACCESSORY TREATMENT.—The successful and rapid eradication of the disease will depend on the vigilant application of some mild parasiticide *until the hair begins to grow in a natural manner*. Cut off the hair for an inch or so around and about the diseased patches, wash the head with warm water and Carbolic Soap and paint with *Glycerole of Carbolic Acid*, (1 part of acid to 15 of glycerine)—or with the same diluted with an equal quantity of water if the scalp is very sensitive—every third or fourth morning, allowing the *Glycerole* to remain on the scalp during the day. Wash the head every night with warm water and soap and apply *Sulphurous Acid* lotion (one part of acid to 3 or 4 of water) or hot white vinegar.* The head must be closely watched and the applications must not be discontinued so long as a single broken off hair can be detected, or any little dark stubs are visible, or until the hair grows evenly and well over the surface.

In chronic cases if there are many patches scattered over the head, the whole hair should be shaved or cut off close to the scalp.

Great care should be taken to prevent infection from hair brushes, towels, &c. and children unaffected by the disease must be separated from those less fortunate.

A nutritious diet, with Cod Liver Oil, com-

*Dr. A. C. POPE on *Ringworm*, see *Monthly Homœopathic Review*.—January, 1878.

plete cleanliness, fresh air and exercise, and warm clothing are of great importance.

2.—SCALD HEAD.*

(*Tinea Kerion*).

DESCRIPTION OF DISEASE.—A form of Ringworm in which the hair follicles are a good deal inflamed and pour out a mucous fluid which forms a circular scab, much more prominent than in the common variety, and sometimes resembling a boggy abscess. There is great irritation, the hairs become loose, and readily fall out and become matted together.

MEDICINAL TREATMENT. — *Arsenicum* — Is useful if other remedies afford no relief, and the discharge becomes acrid and offensive, with a disposition to ulceration.

DOSE.—Four drops to be mixed in half a small tumbler of water, and a dessertspoonful taken every night and morning, or three times a day.

Rhus—Is an important remedy during the inflammatory stage and when there is violent itching.

DOSE.—As *Arsenicum*.

Sepia—Is considered a specific in this complaint. It may be given after or in alternation with *Rhus*.

DOSE.—Two grains at intervals of six or eight hours.

Sulphur—May be given in protracted cases, and especially when the scabs are dry and thick.

*A variety of *Eczema* is sometimes called by this name, see under *Milk Crust*.

Dose.—Two grains night and morning.

ACCESSORY TREATMENT.—The application of *Glycerole of Carbolic Acid* diluted with equal parts of water, and *Sulphurous Acid lotion* as in *Common Ringworm*. Care should be taken to improve the general health with cleanliness, nourishing and wholesome food and suitable exercise in the open air. For the general treatment and necessary precautions, see *Common Ringworm of the Scalp*. In very obstinate cases a little diluted *Citrine ointment* (1 part to 15 of lard) may be applied with the finger to the scalp.

3.—RINGWORM OF THE BODY.

(*Tinea Circinata*).

DESCRIPTION OF DISEASE.—Patches which are red, scaly, and itchy, circular in form and with a well defined edge, gradually enlarging until the skin in the central part may be apparently healthy. Usually the edge looks red and scaly, the centre generally somewhat paler and less scaly, though covered with branny desquamation. It is caused by the same fungus as Ringworm of the scalp.

ACCESSORY TREATMENT. — Paint the spots frequently with *Glycerole of Carbolic Acid* (1 part of acid to 15 of glycerine) until they cease to enlarge.—See under *Ringworm of the Scalp*.

95.—SCARLET FEVER.—Scarlatina.

DESCRIPTION OF DISEASE.—A peculiar scarlet

rash upon the skin, with fever and sore throat. It is infectious and contagious, usually commencing with fever, pains in the throat, and vomiting; on the first or second day, or sometimes a little later, a scarlet redness of the skin appears, in large, smooth, glassy spots, first on the throat and then on the face and neck, from whence it spreads over the whole body, and usually continues until the fifth or sixth day. The redness disappears on slight pressure, but as quickly returns when the finger is removed. The fever is often accompanied with an affection of the kidneys, more frequently with severe disease of the throat and neck, or of some internal organ, and is often followed by dropsy. It generally occurs only once during life.*

MEDICINAL TREATMENT. — *Aconitum* and *Belladonna* are the two best medicines in the true form of this disease, and should be given at the commencement. *Belladonna* is the specific in uncomplicated cases during all the stages. In cases of scarlet fever, a medical man should be summoned.

Dose. — Two drops of *Aconitum* in a dessertspoonful of water, alternately with *Belladonna* in the same way, every two, three, or four hours, according to the severity of the symptoms.

If the eruption should recede, *Bryonia* (as mentioned in *Retrocession of the Eruption* under *Measles*) should be given.

*For further information the reader is referred to *Eruptive Fevers: Scarlet Fever, Measles, Smallpox, &c.* By W. V. DRURY, M.D., M.R.I.A.

ACCESSORY TREATMENT.—Keep the patient in a moderate and equable temperature, let the apartment be clean and well ventilated, observe a light spare diet at the commencement with simple cooling drinks, and without animal food ; afterwards carefully returning to more nourishing diet—jellies, chicken broth, and the like. Frequent ablutions of tepid water and changes of perfectly dry linen are refreshing, and the inhalation of steam will be found relieving if the throat is very sore. It is highly important to have the house well ventilated and disinfected with Carbolic acid or Condyl's Disinfecting Fluid. Care must be taken against catching cold, during convalescence.

PREVENTIVE TREATMENT.—*Belladonna* will often ward off scarlet fever when it is epidemic, or render it comparatively harmless.

DOSE.—Two drops in a dessertspoonful of water every morning and evening—a teaspoonful for a child.

96.—SCIATICA.

DESCRIPTION OF DISEASE.—A Rheumatic affection of the nature of neuralgia, consisting of pain in the region of the hip, frequently extending to the knee and foot, and accurately following the course of the sciatic nerve. By its severity it may not only produce violent pain, but stiffness and contraction of the limb.

MEDICINAL TREATMENT.—*Aconitum*.—If there is considerable fever and the pain is intolerable.

DOSE.—Two drops in a dessertspoonful of water every

two or three hours in severe cases, otherwise twice or thrice a day.

Colocynthis.—Is of great service in many cases, especially when occurring in the right leg, or if the pain is very severe and cramplike.

DOSE.—As *Aconitum*.

Nux Vomica.—If there is a sensation of torpor or paralytic weakness, or if it is worse in the morning, or is connected with indigestion.

DOSE.—As *Aconitum*.

Pulsatilla.—If it is worse in the evening, or at night, or when seated, or if arising from rich living.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—Cold water bandages may be used when the patient can bear them and when they relieve. *Aconite Opodeldoc*, or five drops of the strong tincture of *Aconite* [poison] mixed in a tablespoonful of the best brandy or spirits of wine, may be applied down the leg over the seat of the pain. A tepid bath at 96 degrees should be taken every other morning, and a careful and spare diet observed.—See under *Chronic Indigestion* and *Rheumatism*.

97.—SEA SICKNESS. (*Nausea marina*).

DESCRIPTION OF AILMENT.—Nausea and vomiting occasioned by the motion of the vessel attended with extreme depression, a sinking sensation at the pit of the stomach, giddiness, and feeling of exhaustion. The intense nausea,

violent vomiting, and disregard of life render it unlike any other disease. ●

MEDICINAL TREATMENT. — *Apomorphia*—Is likely to prove a specific in the most violent forms, especially when vomiting commences suddenly.

DOSE.—Two grains to be taken at the onset of the sick feeling and repeated at intervals of ten or fifteen minutes till relieved.

Nux Vomica—Should be taken before going on board ship when preparing for sailing, or may be given during the sickness if the symptoms are slight.

DOSE.—Two drops every six hours for two days before embarking, or every half hour to two hours during the attack. The medicine may be mixed previously in a clean bottle of water, to facilitate taking it, adding about a dessertspoonful of water to each dose of the remedy.

Cocculus.—If there is great nausea and inclination to vomit, or if there is a tendency to faint and great giddiness.

DOSE.—Two drops after each paroxysm.—See under *Nux Vomica*.

Petroleum—Is frequently very useful, particularly when there is great debility.

DOSE.—As *Cocculus*.

Tabacum.—When the nausea is excessive, aggravated by the slightest motion, and when the symptoms are relieved in the open air.

DOSE.—As *Cocculus*.

ACCESSORY TREATMENT.—It is advisable not to go on board or remain with an empty stomach ;

to be careful with the diet, eating dry biscuits, toast, &c. ; to lie down upon the deck if feeling unwell, to keep out of the cabins if possible, to bind a bandage tightly round the body or even to wear a wet compress over the abdomen, and to lie against the motion of the ship. If only a short voyage is undertaken 30 grains of *Chloral Hydrate* dissolved in a little water and taken early will frequently secure an immunity. The stomach is often very capricious,—what can be retained in one instance cannot in another: a little strong tea and captain's biscuit will, however, suit in most cases. If sufficiently well, take exercise upon the deck, and endeavour to divest the mind of any probability of illness.

98.—SHINGLES. (Zona).

DESCRIPTION OF DISEASE.—An eruption of vesicles in small distinct clusters, with red margins, which spreads round the body like a girdle or belt, most commonly at the waist, and is attended with heat and itching and sometimes with acute pain of a neuralgic character. The vesicles do not burst but change colour and dry up. In its chronic form it is obstinate and difficult of cure.

MEDICINAL TREATMENT.—*Graphites*, *Mercurius Sol.*, and *Rhus* are the best remedies in this affection, but it is advisable to consult a physician.

ACCESSORY TREATMENT.—The diet at the commencement should be the same as in fever,

afterwards of a more nourishing character; and care must be taken not to catch cold, or check the eruption.

99.—SLEEPLESSNESS. (*Insomnia*).

(See *Sleep*, page 14).

MEDICINAL TREATMENT.—*Belladonna*.—If there is a strong desire to sleep without being able to do so.

DOSE.—Two drops in a dessertspoonful of water every half hour or two hours—a teaspoonful for a child.

Coffea.—If over-excitement is the cause, or it results from long watching.

DOSE.—As *Belladonna*, or a dose or two may be taken before going to bed.

Gelseminum.—For simple wakefulness.

DOSE.—As *Belladonna*.

Ignatia.—Is useful in some cases after the previous use of *Coffea*, especially if excitement has been followed by depression, or if there is much restlessness during sleep.

DOSE.—See *Coffea*.

Nux Vomica.—If sleeplessness arises from excessive study, thinking, reading, or weakness of the digestive functions.

DOSE.—As *Belladonna*, and may also be taken every four or six hours during the day.

Pulsatilla.—If it arises from gastric derangement, too much supper, and the like.

DOSE.—As *Nux Vomica*.

ACCESSORY TREATMENT.—A shower bath every evening when going to bed, or sponging the body down with cold water, perfect ventilation of the bed-chamber, no late suppers, complete rest to the mind for some hours before going to bed—a hard mattress, light but warm bed-clothes, early hours both night and morning, retiring at least an hour and a half or two hours before midnight, and rising at six o'clock in the morning, and enjoying plenty of out-door and bodily exercise, will generally be sufficient to remove this state.

100.—SLEEPLESSNESS OF INFANTS, or DURING DENTITION.

MEDICINAL TREATMENT.—*Belladonna*.—If it arises from no perceptible cause, or if the child seems inclined to sleep and cannot, but starts and cries.

DOSE.—Four drops to be mixed in half a small tumbler of water, and a teaspoonful to be given every half hour to three or four hours.

Chamomilla.—If complaints of the bowels, flatulency, or errors of diet are the cause.

DOSE.—As *Belladonna*, may be repeated two or three times during the day.

Coffea.—Is in most cases suitable, especially if it arises from excitability.

DOSE.—As *Belladonna*.

Opium.—If no relief is obtained from two or three doses of *Coffea*.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—Fresh air, exercise, a warm bath, or sponging with tepid water, will generally be successful.

101.—SMALL-POX. (*Variola*).

DESCRIPTION OF DISEASE.—Small-Pox commences with fever, accompanied with nausea and vomiting, severe pains in the back and loins, bad smell from the mouth, and frequently with tenderness of the abdomen on pressure. On the fourth day, the eruption makes its appearance, first on the face and hairy scalp, then on the neck, and afterwards over the whole body. At first, the eruption has the form of small, red, hard, and pointed elevations, which increase and enlarge during the next three days, forming into small vesicles on the top of each pimple, depressed in the centre, having an inflamed base, and being filled with a clear fluid. On the eighth or ninth day the eruption is at its height, after which time the pustules commence to dry up and scab in the order in which they make their appearance. The pustules sometimes run into each other, and form large, continuous, suppurating surfaces. The eruption on the skin passes through the stages of pimple, vesicle, pustule, scab, and leaves marks on the site of exudation.* The disease generally exhausts the susceptibility of the

* For a description of the varieties of this disease, see *Eruptive Fevers: Scarlet Fever, Measles, Small-Pox, &c.* by W. V. DRURY, M.D., M.B.I.A.

constitution to another attack, and is highly contagious.

MEDICINAL TREATMENT.—*Aconitum*—Should be given at the commencement during the inflammatory period, or in alternation with *Belladonna* if there is severe pain in the head, intolerance of light or delirium.

DOSE.—Two drops of *Aconitum* in a dessertspoonful of water every three or four hours, or alternately with *Belladonna* mixed in the same way.

Antimonium Tartaricum—Is a most valuable remedy in small-pox, and is required principally in the eruptive and suppurative stages, and is considered specific to the disease.

DOSE.—Two grains in a little water every three or four hours.

Belladonna.—See under *Aconitum*.

Stramonium—Is also useful in the eruptive stage, either to follow *Antimonium Tartaricum* or to be used in alternation with it; *Mercurius Sol.* may be used in the suppurative stage which follows; and *Sulphur* in the scabbing stage towards the end of the disease. Small-pox should always be treated by a medical man.

ACCESSORY TREATMENT.—The patient's room should be cool, thoroughly ventilated, and darkened; Condry's fluid or carbolic acid should be used freely, either on cloth dipped in the solutions or in the form of spray. Cool fresh air should be admitted several times a day; and the patient should lie on a mattress and be lightly covered. The linen should be frequently changed,

and the free use of cooling drinks allowed. The diet during the feverish symptoms should be spare and light—barley-water, thin gruel, &c.; and if there is no diarrhoea, roasted apples, stewed prunes, and the like. When convalescence sets in, beef-tea and chicken-broth should be given. Toast-water and oatmeal-water may be used as beverages which, with the diet should be more cold than warm. To allay irritation and prevent pitting, the pustules should be painted with glycerine or starch.

PREVENTIVE TREATMENT.—Vaccination is the only effectual preventive against small-pox.

102.—SORE THROAT.

DESCRIPTION OF DISEASE.—An inflammatory condition of the back part of the mouth (throat, palate, and tonsils), with difficulty of swallowing, impeded respiration, and more or less fever. It may differ greatly in intensity, from the slightest irritation in the throat, which vanishes quickly, to cases of great severity ending in abscess and suppuration, and obstructing respiration to an alarming extent.

1.—COMMON OR CATARRHAL SORE-THROAT. (*Angina faucium*).

SYMPTOMS.—Inflammation and swelling of the back part of the throat, palate, and tonsils, with redness, soreness, and dryness, pain on swallowing, also shooting pains, which sometimes extend to the ears; and the glands of the face and neck frequently participate in the inflammation.

MEDICINAL TREATMENT. — *Aconitum*. — At the commencement with dryness of the throat, pricking and burning sensation, and fever.

DOSE.—Two drops in a dessertspoonful of water every two or three hours, or in alternation with *Belladonna* at these intervals—a teaspoonful of the mixture for a child.

Belladonna.—Is useful in almost every variety of sore-throat, generally in alternation with *Mercurius Sol.* It is indicated by a feeling of rawness in the throat, or a feeling of contraction in the throat, and there is great difficulty of swallowing, or even complete inability to do so.

DOSE.—Two drops in a dessertspoonful of water every two, three, or four hours, or in alternation with *Mercurius Sol.* at these intervals of time—a teaspoonful may be given to a child.

Chamomilla.—If the glands under the jaws are swollen, or if it arises from a slight chill, with hoarseness and tickling in the windpipe.

DOSE.—Three drops in a dessertspoonful of water every three or four hours.

Lachesis.—Is useful in cases where *Belladonna* and *Mercurius Sol.* seem indicated, but are not sufficient.

DOSE.—Two drops repeated as *Chamomilla*.

Mercurius Sol..—If there are violent shooting pains extending to the ears, or great redness and inflammation of the throat.—See under *Belladonna*.

DOSE.—Two grains repeated as under *Belladonna*.

ACCESSORY TREATMENT.—Apply a hot poultice.

tice or a wet bandage all round the throat, and inhale the steam of hot water. The throat may also be gargled with warm milk and water, or linseed-tea, and the diet should be light and unstimulating. The wet bandage or compress is a piece of linen wrung out of cold water placed over the affected part and covered with oiled silk, the whole to be covered with a good dry flannel wrapper. If liable to sore-throat, wash the throat and chest freely with cold water every morning, rubbing the parts perfectly dry afterwards.—See *Quinsy*.

2.—PUTRID OR MALIGNANT SORE-THROAT.

(*Angina gangrænosa*.)

SYMPTOMS.—Dark redness of the parts, great dryness, burning, and a sense of excoriation. The throat is dotted with stinging and burning little ulcers coated with greyish-yellow crusts, secreting a whitish, cheesy matter, and the parts are lined with a glairy mucus. At this time the prostration of strength becomes very great—the whole interior of the mouth and even of the lips is involved in the destruction of the mucous membrane, the fever and difficulty of breathing increases, the breath becomes very offensive, and the disease assumes a highly dangerous form. In cases of milder form and less severity, recovery takes place on the third or fifth day.

MEDICINAL TREATMENT. — *Arsenicum*. — When there is great prostration of strength,

or ulceration with discharge of fetid matter, and a strong tendency to gangrene.

DOSE.—Two drops in a dessertspoonful of water every three hours.

Lachesis.—In very severe cases, even if there is entire inability to swallow, and the drinks return by the nose with great danger of suffocation.

DOSE.—As *Arsenicum*.

ACCESSORY TREATMENT.—See under *Diphtheria*.—Wine and strong beef-tea must be freely administered to keep up the patient's strength. Pure air should be admitted, and the room well ventilated. A physician should always treat this disease.

3.—ULCERATED SORE-THROAT.

SYMPTOMS.—In the more severe cases of *Common Sore-Throat* (which see), ulcerations in the throat, and small abscesses sometimes succeed the inflammatory stage.

MEDICINAL TREATMENT.—*Lachesis*.—Should be used if *Mercurius Sol.* is not sufficient.

DOSE.—Two drops in a dessertspoonful of water every three, four, or six hours.

Mercurius Sol..—(Or *Mercurii Biniodidum*.)—Is frequently the most useful medicine.

DOSE.—Two grains in a dessertspoonful of water every three, four, or six hours.

Nitric Acid.—Is also a useful remedy when the throat is covered with superficial ulcers, or if

the ulceration has been occasioned by the abuse of *Mercury*.

DOSE.—As *Lachesis*.

ACCESSORY TREATMENT.—According to the severity of the symptoms, see under *Common Sore-Throat* and *Malignant Sore-Throat*. An excellent gargle in cases of ordinary (or slight cases of ulcerated) sore-throat is made by mixing in a half-pint tumbler, three teaspoonsful of vinegar, two of honey, three or four tablespoonsful of port wine, and then nearly filling the tumbler with lukewarm water: or another useful gargle is half a drachm of muriatic acid mixed in seven ounces of barley water.

103.—SPRAINS OR STRAINS.

MEDICINAL TREATMENT.—*Arnica* should be given internally when the tincture is being used externally.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Rhus.—Should be taken as *Arnica*.

DOSE.—As *Arnica*.

EXTERNAL TREATMENT.—The best application is to foment with a lotion of one teaspoonful of strong tincture of *Rhus* to four tablespoonsful of cold water, and to keep cloths wet with the same constantly applied to the part, covered with oiled silk. If no relief follows within a reasonable time, the strong tincture of *Arnica* should be applied in the same manner. After all inflammation

has been removed and if weakness still remains, pour from a height two or three times a day a stream of cold water upon the affected part, holding it under a pump if possible, otherwise under a stream from a jug; afterwards have it tightly and carefully bandaged. Rest the limb at first, use it with care, gradually exercising it as it gains power. In old sprains, benefit is often derived from rubbing the part with *Arnica*, *Rhus* or *Ruta Liniment* (one teaspoonful of the strong tincture to two or three tablespoonsful of simple liniment—soap dissolved in spirits of wine).

104.—STOMACH, CRAMP or SPASMS IN THE. (*Gastralgia*).

DESCRIPTION OF DISEASE.—Violent spasmodic pains in the stomach, generally relieved by food and pressure, and attended with nausea, vomiting of food, or flatulency, the emission of which affords relief.

MEDICINAL TREATMENT.—*Belladonna*.—If the pain is so violent that the patient loses his consciousness and faints away.

DOSE.—Two drops in a dessertspoonful of water every one, two, or three hours.

Chamomilla.—If there is a heavy pressive pain as that of a stone, and if it is worse after a meal, or at night, and is accompanied with great distress.

DOSE.—As *Belladonna*.

Cocculus.—Is often useful after *Nux Vomica* or *Chamomilla*, when only slight relief has been obtained, especially when the pain is relieved by the emission of flatulence.

DOSE.—As *Belladonna*.

Nux Vomica.—In most cases at the commencement, and will sometimes effect a complete cure.

DOSE.—As *Belladonna*, or in chronic cases it may be taken night and morning.

Pulsatilla.—If the pains are shooting or spasmodic, and accompanied with shivering, or connected with menstrual difficulties, or worse in the evening.

DOSE.—As *Nux Vomica*.

ACCESSORY TREATMENT.—A small quantity of brandy or essence of ginger, or strong *solution of Cumphor* on a lump of sugar, repeated every ten minutes, will often relieve. Heat should be applied (see *Colic*) in the form of hot flannels, heated bran, or scorched flour in bags, or spongio-piline dipped in hot water. Persons subject to spasms should be very careful to avoid indigestible food, uncooked vegetables, new bread, rich dishes, cheese, &c.; also all exposure to cold, damp weather, and should keep their feet warm, and wear flannel next to the skin. The free use of cold water is beneficial.—See *Colic* and *Indigestion*.

105.—STYE ON THE EYELID.

(*Hordeolum*).

DESCRIPTION OF AILMENT.—A small boil situated on the edge of the eyelid.

MEDICINAL TREATMENT.—*Hepar* is useful to promote suppuration after matter has formed.

DOSE.—Two grains three times a day.

Pulsatilla—Should be given on the first appearance of a sty, and will frequently remove it without the formation of matter.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

Staphysagria.—If there is a predisposition to styes, or if they present a hardened, indurated appearance.

DOSE.—As *Pulsatilla*.

ACCESSORY TREATMENT.—Foment with warm water or milk and water, and apply over it a small warm poultice of bread and milk, to be renewed every four or five hours. When ripe, it should be opened with a large needle. The diet should be light, with but little animal food.

106.—TEETHING.—Dentition.

(See under *Constipation, Convulsions, Diarrhæa, Restlessness, and Sleeplessness*).

1.—FEVER DURING TEETHING.

MEDICINAL TREATMENT.—*Aconitum* should be given if there is much fever, restlessness, or

inflammation of the gums, with heat and swelling.

DOSE.—Four drops to be mixed in half a small tumbler of water, and a teaspoonful to be given every three, four, or six hours.

Chamomilla.—May be given after *Aconitum*, if only partial relief is obtained, or if the child is very fretful and uneasy.

DOSE.—As *Aconitum*.

Coffea.—When there is much nervous excitement.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—Keep the child in a quiet and airy room, remove everything that may excite, and let the diet be very simple in its nature. Infants during dentition should be taken much into the open air, and bathed daily.

2.—SLOW OR DELAYED TEETHING.

MEDICINAL TREATMENT.—*Calcareo Carb.* is the proper remedy.

DOSE.—Two grains twice a day dry on the tongue.

ACCESSORY TREATMENT.—The child should be permitted to bite some hard or elastic substance—as a crust, a silver, ivory, or indian-rubber ring. The cold bath should be given at least three times a week. A dip once repeated each time will be sufficient, and if the child is very delicate, the chill should be taken off the water the first few times of going into it. Should the shock seem too severe, sponging with cold or salt water should be resorted to. After bathing, wrap the

child in a blanket, and well dry it, when it may be dressed and allowed to run about.

107.—THROAT, RELAXED.

DESCRIPTION OF AILMENT.—Relaxation of the muscles of the throat, and elongation of the uvula, or soft palate, attended with a frequent short hacking cough, and desire to clear the passage, and often resulting from too much speaking, singing, a chill, indigestion, &c.

MEDICINAL TREATMENT.—*Mercurius Sol.* should be used if *Nux Vomica* does not succeed in relieving.

DOSE.—Two grains in a dessertspoonful of water three times a day.

Nux Vomica—Is generally the most useful remedy if the uvula or soft palate is inflamed or swollen, or if the relaxation arises from derangement of the digestive organs.

DOSE.—Two drops in a dessertspoonful of water every four or six hours.

ACCESSORY TREATMENT.—The diet should be carefully attended to (see under *Indigestion*), and the throat should be gargled with cold water, port wine, a weak solution of alum (alum one drachm, water half a pint), or a decoction of oak bark (oak bark half an ounce, water one pint, to be boiled down to about half or two thirds of a pint). Apply plenty of cold water—or salt and water—externally, pouring a stream over the back of the neck from a little height two or three times a day.

108.—THRUSH.—Sore-Mouth.*(Aphthæ).*

DESCRIPTION OF DISEASE.—A disease of infants, and also one which is peculiar to the last stage of chronic diseases, consisting of white spongy and sloughy ulcers, resembling loose skin, on the tongue, palate, throat; and sometimes, when severe, extending throughout the intestinal canal; often caused by want of cleanliness, or bad, or unsuitable food.

MEDICINAL TREATMENT.—*Mercurius Sol.* is, in all ordinary cases, the best remedy.

DOSE.—Two grains to be mixed in half a small tumbler of water, and a teaspoonful given every four or six hours

Sulphur.—In tedious cases, and may be given after *Mercurius Sol.*

DOSE.—As *Mercurius Sol.*

ACCESSORY TREATMENT.—The greatest cleanliness should be observed, the child's mouth being rinsed out frequently with warm water. A little borax and honey (one drachm of borax well mixed in one ounce of honey) should be applied to the mouth, or it may be washed out with a mixture made by dissolving a few grains of borax in half a pint of tepid water. The diet should be nourishing—a little beef tea, and mutton-broth without fat, may be given. Proper attention should be paid to diet, cleanliness, and good ventilation.

109.—TOOTHACHE. (*Odontalgia*).

DESCRIPTION OF AILMENT.—Pain in one or

more teeth, which varies extremely in degree, duration, and character, frequently extending to the face, ears, neck, and head, and often resulting from pregnancy, decayed teeth, extremes or sudden changes of temperature, cold, rheumatism, indigestion, or from hot or cold, sweet or sour articles of food or drink, &c.

1.—TOOTHACHE FROM A COLD OR CHILL.

MEDICINAL TREATMENT. — *Aconitum*.—If there is much feverishness, or the patient is beside himself, or the pains are difficult to describe.

DOSE.—Two drops in a dessertspoonful of water every half hour to two or four hours—a teaspoonful may be given to a child.

Chamomilla.—If the pains seem intolerable, especially at night, driving one almost to despair, with heat and swelling of the cheek; or if there are pains affecting one whole side of the head.

DOSE.—As *Aconitum*.

Mercurius Sol.—If there are pains in the whole side of the head and face, or extending to the ears and head; or if accompanied by swelling of the cheek, gums, or glands.

DOSE.—Two grains repeated as *Aconitum*.

Pulsatilla.—If there be earache and headache with the toothache, or the pains extend to the face, head, eye and ear of the affected side.—See under *Toothache from Decayed Teeth*.

DOSE.—As *Aconitum*.

ACCESSORY TREATMENT.—See under *Catarrhal Fever* and *Swollen Face*.—Good nursing before

a hot fire, and a copious perspiration by means of hot drinks, putting the feet into hot water, tying up the face in hot flannel, a hot bed and the like, will generally remove this form of toothache.

2.—TOOTHACHE FROM DECAYED TEETH.

MEDICINAL TREATMENT.—*Aconitum* and *Belladonna* will in many cases effect a perfect cure.

DOSE.—Two drops of *Aconitum* in a dessertspoonful of water taken alternately with two drops of *Belladonna* in the same way every one to three or four hours—a teaspoonful may be given to a child.

Chamomilla.—If it is most violent after warm things or in the warmth, or if of a pulsative, shooting character, or almost insupportable.

DOSE.—Two drops in a dessertspoonful of water every one, two, or three hours.

Mercurius Sol.—If there are tearing, shooting pains in hollow teeth or in the roots of the teeth, or if the pains are rendered worse by the warmth of the bed.

DOSE.—Two grains repeated as *Chamomilla*.

Nux Vomica.—In pains which are brought on by cold, or which are of a jerking, sore character, or which arise from constipation, or are worse after a meal, or in the open air.

DOSE.—As *Chamomilla*.

Pulsatilla.—If there are shooting pains extending to the eye and ear, or if the pains are worse in the evening, or are relieved by cold

water or cool fresh air.—See under *Toothache from a Chill*.

DOSE.—As *Chamomilla*.

ACCESSORY TREATMENT.—Care should be taken to improve the general health, by taking active daily exercise and by following the rules laid down under *Chronic Indigestion*. Keep the teeth scrupulously clean, brushing them twice a day with a moderately hard tooth brush, using a little powdered charcoal or prepared chalk. A small quantity of soap three or four times a week is almost indispensable for perfect cleanliness. Camphorated chloroform may be inserted in the tooth, by means of a little cotton wool, if the pain is very severe, or the gums may be gently rubbed with a little of the mixture; or the tooth and gums may be rinsed with warm strong salt and water, taking a small quantity into the mouth and applying it to the tooth and gums two or three times in succession. If the teeth are very much decayed, they should be extracted.

3.—TOOTHACHE AFTER EATING.

MEDICINAL TREATMENT.—*Chamomilla*, *Nux Vomica*, and *Pulsatilla* are useful in this form of toothache.

DOSE.—Two drops in a dessertspoonful of water every three or four hours.

ACCESSORY TREATMENT.—Avoid extremes of heat and cold in whatever is taken into the mouth; follow the directions laid down under *Chronic Indigestion*, and rinse the teeth and

gums with warm water after each meal.

4.—NERVOUS TOOTHACHE.—NEURALGIC PAINS IN THE TEETH.

MEDICINAL TREATMENT.—*Aconitum*.—See under *Toothache from a Cold*.

Belladonna.—If the pains are worse in the evening and especially at night, or in the open air, or by contact of food; or if there is a hot face and tendency of blood to the head.

DOSE.—Two drops in a dessertspoonful of water every one, two, or three hours.

Chamomilla.—Pains which are worse from warmth or at night.—See under *Toothache from a Cold* or *from Decayed Teeth*.

DOSE.—As *Belladonna*.

Coffea.—If the pains are very violent and almost insupportable.

DOSE.—As *Belladonna*—every half hour in severe cases.

Nux Vomica.—See under *Toothache from Decayed Teeth*.—Is especially useful to those who lead sedentary lives.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—See under *Toothache from Decayed Teeth*.

TOOTHACHE DURING PREGNANCY.—See under *Pregnancy*.

5.—RHEUMATIC TOOTHACHE.

MEDICINAL TREATMENT.—*Belladonna*.—See under *Nervous Toothache*.

Chamomilla.—See under *Toothache from a Chill* or *from Decayed Teeth*.

Mercurius Sol.—See under *Toothache from a Chill* or *from Decayed Teeth*.

Nux Vomica.—See under *Toothache from Decayed Teeth*.

Pulsatilla.—See under *Toothache from a Chill* or *from Decayed Teeth*.

ACCESSORY TREATMENT.—See under *Rheumatism*, *Toothache from Decayed Teeth*, &c.

110.—VARICOSE VEINS. (*Varices*).

DESCRIPTION OF DISEASE.—Enlarged veins, usually confined to the legs, and occurring generally during pregnancy, though not confined to that period. They are discoloured, knotty, and sometimes become very painful, and may burst if neglected.

MEDICINAL TREATMENT.—*Hamamelis* and *Pulsatilla* should be taken in alternation.

DOSE.—Two drops in a dessertspoonful of water at intervals of three or four hours.

ACCESSORY TREATMENT.—The affected limbs should be bandaged from the toes upwards each morning, or elastic stockings worn. *Hamamelis lotion* (a teaspoonful of *Hamamelis* tincture to four tablespoonsful of water) may be applied on a compress. Rest, and keeping the affected limb in a horizontal position will be essential.

III.—VOICE, LOSS OF. (*Aphonia*).

MEDICINAL TREATMENT.—*Belladonna* is useful if the voice is very weak and rough, or entirely wanting; *Mercurius Sol.* is also a most valuable medicine in all cases resulting from exposure to cold; and *Phosphorus* for extreme cases, after the use of *Mercurius Sol.*, and when the throat and chest feel dry and sore.—See under *Hoarseness, Bronchitis, Cough, &c.*

II2.—VOMITING.

BILIOUS VOMITING.—See under *Bilious Attacks*.

1.—VOMITING OF BLOOD. (*Hæmatemesis*).

SYMPTOMS.—Vomiting of blood, if it be not a symptom of consumption, may arise from a weakness brought on by some exceptional cause, such as straining, a blow on the stomach, overheating, &c. Spitting or coughing up of blood may present itself in various degrees of severity, and may or may not be a dangerous symptom, sometimes arising from the ulcerative process in consumption; but at other times it may be constitutional, caused by external circumstances, such as quick running, violent exercise, lifting, &c. Care should be taken to examine whether the blood coughed or hawked up is from the lungs or stomach, or merely from the nose, or back part of the mouth or throat.

MEDICINAL TREATMENT.—*Aconitum* and *Ipecacuanha* should be given alternately. Medical aid should be instantly obtained.

DOSE.—Two drops of *Aconitum* in a dessertspoonful of cold water alternately with two drops of *Ipecacuanha* in the same way, every fifteen minutes.

ACCESSORY TREATMENT.—The patient should be kept cool and perfectly quiet, and all food and drink should be given cold. No talking or unnecessary noise should be allowed in the room. A lump of ice may be held in the mouth, and ice or ice-water applied to the stomach.

2.—VOMITING WITH COLIC.

MEDICINAL TREATMENT.—*Arsenicum*.—See under *Colic and Violent Vomiting*.

Veratrum.—See under *Violent Vomiting*.—Cutting pains or burning pains in the abdomen, which is very sensitive to the touch.

DOSE.—Two drops in a dessertspoonful of water every half hour to two or three hours.

VOMITING WITH DIARRHŒA.—See under *Diarrhœa*.

3.—VOMITING OF FOOD.

MEDICINAL TREATMENT.—*Arsenicum*.—If there is violent vomiting of everything that is taken, or after every meal, or attended with much weakness; or chronic vomiting.

DOSE.—Two drops in a dessertspoonful of water every two to four or six hours, according to the severity of the symptoms—a teaspoonful for a child.

Ipecacuanha.—If there is simple nausea or vomiting after eating and drinking ever so little, or if accompanied with diarrhœa.

DOSE.—As *Arsenicum*.

Nux Vomica.—If after drinking wines or spirits, or from weakness of the stomach, or occurring early in the morning, or after a meal.

DOSE.—As *Arsenicum*.

Pulsatilla.—If from overloading the stomach with fat, rich food.

DOSE.—As *Arsenicum*.

ACCESSORY TREATMENT.—See under *Chronic Indigestion*.—Fast; and if the food that has been taken is causing trouble, assist the vomiting by drinking freely of warm water.

VOMITING AFTER OR DURING A MEAL.—See under *Indigestion*.

VOMITING DURING PREGNANCY.—See under *Pregnancy*.

4.—VIOLENT VOMITING.

MEDICINAL TREATMENT. — *Apomorphia*. — When it appears suddenly, almost without nausea, and with no pain, a clean tongue, and no headache.

DOSE.—Two grains to be taken at the onset and continued at intervals of ten or fifteen minutes till relieved.

Arsenicum.—If attended with great weakness, violent colic, or burning pains in the stomach, or diarrhœa.

DOSE.—Two drops in a dessertspoonful of water every hour or two.

Nux Vomica.—See under *Vomiting of Food*.

Veratrum.—If there is excessive vomiting,

which is renewed by the least motion or by swallowing the least quantity of liquid, or with great prostration, or even coldness of the extremities.

DOSE.—As *Arsenicum*.

ACCESSORY TREATMENT.—This must be determined by the cause of the vomiting. If there is uncertainty as to what it arises from, or if it arises from poisoning or indigestible food, it should be promoted by drinking warm water; if from weakness of the stomach, see under *Chronic Indigestion*, &c., &c., also *Poisons*, in the Introduction.

5.—VOMITING WITH WEAKNESS.

MEDICINAL TREATMENT.—*Arsenicum* and *Veratrum* are the best medicines.—See under *Violent Vomiting*.

113.—WARTS. (*Verrucae*).

TREATMENT.—Touching the warts with strong acetic acid once or twice a day, or with the strong tincture of *Rhus* or *Thuja* three times a day will generally disperse them.

114.—WATERBRASH. (*Pyrosis*).

DESCRIPTION OF DISEASE.—See under *Heartburn*.

MEDICINAL TREATMENT.—*Calcarea Carb.*,

Nux Vomica, and *Sulphur* are the best remedies for Waterbrash.—See *Heartburn* and *Indigestion*.

ACCESSORY TREATMENT.—The diet should consist of easily-digestible animal food, biscuits, home-made bread, cocoa, and a little good white wine and water. Daily exercise in the fresh air, and friction over the abdomen, should not be omitted.

115.—WETTING THE BED. (*Enuresis Nocturna*).

MEDICINAL TREATMENT.—*Belladonna* will often relieve the inability to retain the urine, especially at night, if it occurs in nervous individuals.

DOSE.—Two drops in a dessertspoonful of water every night and morning.

Cina.—If it arises from the presence of worms.

DOSE.—As *Belladonna* or three times a day.

Pulsatilla—Often suffices in recent cases.

DOSE.—As *Cina*.

Sulphur—Should be given in cases of long standing, or when it occurs in delicate children.

DOSE.—Two grains once or twice a day in a little water.

Acidum Phosphoricum or *Gelsemium*—Should be given in obstinate cases.

DOSE.—As *Belladonna*.

ACCESSORY TREATMENT.—The quantity of fluid taken during the day should be diminished,

and no drink should be allowed towards bedtime. Nourishing diet, and plenty of exercise in the open air are of much service ; also frequent shower baths, hip baths, and a free use of cold or salt water for bathing and sponging in, together with friction with a rough towel afterwards. The bed should consist of a hard mattress. Do not punish a child for this habit.

116.—WHITLOW. (*Panaris*).

DESCRIPTION OF AILMENT.—An abscess situated at the end of the finger, often under the nail, acutely painful, and usually terminating in suppuration, frequently resulting from an injury, a bruise, or a chill.

MEDICINAL TREATMENT.—*Hepar* should be given to promote the suppurative process.

DOSE. — Two grains in a dessertspoonful of water every four hours.

Mercurius Sol.—Should be given at the commencement.

DOSE.—Two grains as *Hepar*.

Silicea—May be administered alternately with *Hepar* to promote suppuration, or may be continued after the acute symptoms are overcome, to eradicate a susceptibility to whitlow.

DOSE.—As *Hepar* or, if given after the acute symptoms are removed, repeated night and morning.

Sulphur—Will frequently prevent a further development, if administered at the very earliest period.



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